

Activated Charcoal

A 19th-century doctor by the name of M Bertrand was so enthusiastic about activated charcoal that performed a remarkable – and seemingly dangerous – demonstration. In front of his very-shocked students, he swallowed a lethal dose of arsenic along with a quantity of charcoal. Rather than dying in choking agony, he continued his lecture, much to the amazement of the students.

Even today, charcoal is known as the Universal antidote thanks to its ability to prevent poisoning – it binds to toxic substances in the gut and prevents them from being absorbed. Activated charcoal is a type of charcoal that was formed at extremely high temperatures. This results in so many tiny particles that just a teaspoon of activated charcoal has the same surface area as a football field! This is how it can soak up poisons so effectively.

We know from ancient texts that many cultures knew of charcoal's detoxifying and purifying properties: Ancient Egyptians, Indians, Native Americans, and Ancient Greeks all used it medicinally.

Charcoal is not only for detoxing the body though, but it also does much more. You can use it as a powerful tooth whitener, as a home-made facial, to remove bad smells, for relief from insect bites or stings, as a hangover cure, as a DIY deodorant, topically to heal wounds and rashes, and even as a DIY shampoo! It also improves digestion, relieves IBS symptoms, supports and heals kidneys, and works great against food poisoning. Do make sure to drink plenty of fluids, as activated charcoal can be dehydrating. It should not be used too regularly as overuse can slow down your digestion which could lead to blockages.

Vitex Agnus-Castus Organic

Vitex agnus-castus, also known as Chasteberry, is a hormone-balancing herb that has been used mostly by women for many centuries. You can find reports all over the internet from women describing remarkable effects such as lighter and shorter periods, reduced spotting, reduction in PMT symptoms, reduced acne and enhance skin quality.

Modern science has yet to fully unravel how Vitex Agnus-Castus exactly works, but we know it affects several different hormones in the body such as progesterone and prolactin. In fact, its ability to maintain healthy progesterone levels means it is often used by pregnant women to avoid miscarriage.

There is a lot of research taking place to further understand, and base medical recommendations on, this fascinating hormone-balancing substance. Both scientific studies and anecdotal reports advocate using Vitex Agnus-Castus for a number of months to get the best results, so be patient and do not expect instant changes.

All Spice Organic

Amla Fruit Powder Organic

This is one of nature's most precious gifts. Also known as Indian Gooseberry, the distinctive small green and sour berries have truly earned their status as a super-fruit. Amla has been used in India since ancient times, being used in their traditional medicine system (Ayurveda) for a huge number of different health issues. The fruits are quite sour to eat, but powder gives an easier way to get the benefits from this magical fruit (it can be put into smoothies, juices, chutneys and so on as well as mixed with various oils to be applied to the skin). It is packed with nutrients, and just 100g of fresh Amla has the same amount of vitamin C as 20 oranges.

It would take an entire book to cover all the benefits of Amla, but here are some of them. It can provide radiant skin, thanks to its high antioxidant content that prevents fine lines, wrinkles, and other signs of premature ageing. Its antibacterial properties can prevent acne and other skin problems, and its high concentration of vitamin C aids collagen production making Amla a great ingredient to add to a facemask. It can also be mixed with a base oil and applied to the scalp. This keeps the hair looking healthy and shiny, preventing hair loss and premature greying. It even brightens the eyes and slows age-related sight deterioration thanks to its vitamin C and vitamin A content.

Amla is currently being investigated for its effects on brain health. It contains Citric acid which prevents brain cells from being damaged by free radicals. It is currently being investigated as a treatment for Alzheimer's disease and other brain problems. A recent literature review concluded that "Amla, and its extracts, exert many positive effects on dyslipidemia, hyperglycemia, inflammation, oxidative stress, apoptosis, and autophagy, that contribute to AD risk." see <https://pubmed.ncbi.nlm.nih.gov/32083581/>

The high vitamin C content means it promotes the immune system - we know that this vitamin is involved in various aspects of immune function.

Amla is also being investigated as a treatment for diabetes. One of the ways it can help with this condition is by preventing pancreatitis (which damages insulin-producing cells).

Research has shown that Amla may be effective for many more conditions, including cardiovascular health (it lowers blood pressure) and joint health (it has anti-inflammatory properties).

The vast array of benefits of Amla means many people consume it daily as a kind of super-supplement.

Arnica Flower Organic

Arnica is world-renowned as a pain-killer and anti-inflammatory, often being used in gels to alleviate pain from muscle or joint injuries. The distinctive yellow flower has also been used as a tea by some cultures (for example, in the Mexican tradition, it was used to calm the stomach and nervous system as well as alleviate fever).

The earliest European records proclaiming its benefits for bruising, injuries and inflammation appeared in 16th Century Germany. Today it is commonly used for sports injuries, joint and muscle pain, and for speeding up recovery from surgeries.

It can be toxic in large quantities, so please seek professional consultation before using it (especially internally). It contains a powerful anti-inflammatory compound known as helenalin which is not safe to consume large amounts of.

Arnica has been investigated as a treatment for arthritis, and it can be as effective as ibuprofen gel when used topically. NSAIDs like Ibuprofen are widely used but can be deadly, so there is a lot of research taking place into potential alternatives like arnica.

The anti-inflammatory and anti-microbial properties of arnica may explain why people have found it beneficial for acne. We hope more research is carried out to investigate this herb's effect on the skin.

Ashwagandha Root Powder Organic

Ashwagandha, also known as "Indian ginseng," has been used in Ayurvedic medicine for centuries to treat conditions ranging from stress and anxiety to fatigue and low libido.

This Indian herb has been used for at least 3000 years, featuring heavily in Ayurvedic medicine. It was considered one of the most versatile healing herbs, used for a variety of health problems such as stress, anxiety, and fatigue. It was also used as an aphrodisiac and fertility booster.

Ashwagandha is an adaptogen, which helps your body adapt to whatever is happening. Adaptogens are very interesting and poorly understood by modern medicine - they perform differently depending on the body's needs, almost as if they are intelligent!). Adaptogens are especially beneficial in today's world where so many people suffer from stress and anxiety. Ashwagandha helps to increase focus, reduce tiredness and improve cognitive function.

Ashwaganda's historical fame caused it to be taken seriously by scientists. Numerous studies have been conducted to investigate the benefits of this remarkable herb for a variety of conditions. The outcomes are impressive. Studies have confirmed that ashwagandha can reduce depression and anxiety, as well as help improve cognitive function in Alzheimer's patients. Ashwagandha has also been shown in studies to improve sperm count which is potentially very important in the modern world where it has been falling dramatically in recent decades.

There have recently been some intriguing studies in the fields of diabetes, heart disease, and cancer. Ashwagandha appears to reduce cholesterol and blood sugar levels which indicates it is beneficial for cardiovascular health.

Astragalus Root Organic

Referred to as Huang Qi in traditional Chinese medicine, the roots of this plant from the legume family have been used for thousands of years. Astragalus is said to be one of the most powerful immune-boosting herbs in the world thanks to its high concentration of antioxidants, and recent Chinese research has shown it supports T-helper cells (essential for immune response).

It also has verified anti-tumour action and is currently being researched in many cancer studies with promising results.

Astragalus's anti-inflammatory action makes it a potential candidate for treating arthritis, heart disease, and the myriad of other issues caused by chronic inflammation. The anti-inflammatory action also explains why astragalus helps speed up recovery from injuries or surgery

In China, astragalus has been used to treat type A and type B diabetes. We are learning more and more about the benefits of this ancient healing herb.

One of the most interesting areas of astragalus research is in the area of anti-ageing. Ageing is caused by damage to DNA, as over time, it fails to replicate correctly. Each strand of DNA contains telomeres which protect it from damage (you can imagine them like the little pieces of black plastic on the end of shoelaces that prevent them from fraying). We know that protecting the telomeres can slow the ageing process, and astragalus is one of the herbs that enhances telomere activity. Black seed oil has a similar mechanism of action, so some of our customers take this daily along with astragalus as part of an anti-ageing

routine. The fact that astragalus is packed with anti-oxidants also makes it great for protecting the DNA in our cells from premature ageing caused by various environmental pollutants.

Baobab Fruit Powder

This African healing fruit has some truly remarkable properties. Firstly, it has one of the most alkaline foods on the planet, making it a popular choice for people who follow an alkaline diet. It is also the only known fruit in the world to dry naturally on the tree - unlike other fruits which only dry after falling. It is packed with nutrients, with a very high concentration of vitamin C (essential for immune function) and potassium which maintains cellular health.

It has been used in Africa since ancient times for a whole host of ailments, especially digestive issues.

Recent research has uncovered something else remarkable about this fruit - it appears to regulate glycemic response (the spike in blood sugar that occurs after consuming certain foods). The prevalence of blood-sugar-raising, processed carbohydrates in the modern world is said to be behind a whole host of health problems (including diabetes which is one of the biggest killers out there). But researchers in the UK recently found that by adding Baobab to white bread (one of the worst foods for raising blood sugar) the glycemic response was greatly reduced. Now Baobab fruit is attracting a lot of research attention as the world battles to stem the diabetes epidemic.

Basil leaf 50g

Basil is for much more than just making pesto. This essential-oil packed powerhouse has many medicinal properties. It can boost the immune system, stimulate your stomach, calm your mood and reduce indigestion. There is some interesting research showing that it appears to reduce blood sugar, making it a potential ally in the battle against diabetes (the deadly condition largely brought about by shockingly unhealthy diets that are prevalent in the modern world).

Bay leaf organic 10g

Bay leaf is commonly used in cooking, but not many people know about its incredible health benefits. It has been used for centuries in the middle east for coughs, colds, digestive issues and many other health problems.

Bay leaves are full of nutrients like folic acid, vitamins A, B and C, and minerals like potassium, copper, iron, magnesium and zinc.

Bay leaf is a versatile healing herb - and has attracted a lot of research attention. It soothes the stomach, stimulating the appetite, promoting digestion and eliminating excess gas, treating colic, and preventing diarrhoea. It can also help with joint pain and arthritis. Bay leaf can help with respiratory issues as it loosens mucously and kills bacteria. Women often use bay leaves to alleviate PMT symptoms. They also reduce blood sugar and boost the immune system thanks to their high concentration of antioxidants. They even have positive effects on the skin - treating dermatitis and speeding up the healing of wounds.

Bay leaves can also improve your mental health: they relax the body and mind. Promoting sleep and reducing stress.

Beetroot powder

Beetroot is well known for its crimson juice, but powdered beetroot has recently become a popular superfood, with more and more people realizing its powerful benefits. And the attention is deserved: beetroot is packed with minerals, vitamins, and other compounds that give it some very interesting properties.

Beetroot's dark red colour gives a clue to its main benefit - our blood circulation. It contains nitrates, which improve blood flow by relaxing arteries and veins. Athletes have used beetroot to increase their performance, with scientific research confirming it works. High blood pressure is a common ailment in the modern world, with many people being put on medication for this potentially life-threatening issue. But beetroot offers a natural alternative as it has been shown to reduce blood pressure. Another blood-related benefit of this blood-red superfood is its ability to lower blood sugar. It is being investigated as a potential treatment for diabetes.

Beetroot is an excellent source of calcium, iron, magnesium, and potassium - so it makes a perfect natural mineral supplement.

Black peppercorn

When we sprinkle pepper on our pizzas, we don't often think of it as an ancient holy healing herb - but it is! For thousands of years, pepper has been valued for its medicinal properties and features heavily in Ayurveda, the ancient Indian healing system.

Modern science has proven the ancient Indians were right to value black pepper so highly.

For one thing, it is packed with antioxidants that protect our cells from pollutants, toxins, and over-exposure to the sun. Our precious cells are always under assault from unstable oxygen molecules which can lead to DNA damage. But anti-oxidants react with and neutralize the molecules before they can harm us. Animal studies have shown that consuming black pepper decreases the amount of free-radical damage.

Black pepper contains a particularly powerful anti-oxidant called piperine which has several other remarkable properties which have attracted significant research interest.

Inflammation is one of the biggest causes of disease world wide, being a factor in heart disease, diabetes, arthritis and cancer. Piperine also has anti-inflammatory properties and has been shown to be effective for numerous inflammation-based conditions.

Piperine starts to look like a wonder substance when you realise that as well as anti-oxidant and anti-inflammatory properties, it also improves brain function. It is currently being investigated as a potential treatment for Alzheimer's and Parkinson's disease. Yet another benefit of piperine is its ability to regulate blood sugar - making it attract a lot of research in the areas of diabetes and obesity.

But there is even more to Piperine, it has been shown to kill cancer cells in a laboratory environment and to enhance the efficacy of cancer treatments.

Black pepper has also been shown to lower cholesterol. There is a lot of research taking place which is uncovering more and more about the wonderful healing effects of this seemingly humble cooking ingredient.

Black Salt Fine

Ever heard of black salt? It may seem strange since the sort we normally use is at the opposite end of the colour spectrum, but naturally occurring black salt does exist and has several health benefits. Also known as Kala Namak, black salt is found in Himalayan salt mines and is used as a cooking ingredient in India and neighbouring countries. It has also been used in traditional Indian medicine (Ayurveda) for thousands of years, primarily to promote appetite and aid digestion.

One of the problems with the modern diet is excessive consumption of salt - the processed salt we used has dangerously high sodium levels and lacks important minerals. For this reason, some people switch to black salt.

Black salt is a great choice because it is packed with minerals such as iron, calcium, and magnesium, all of which perform many essential functions in the body including promoting bone health.

It has antioxidant properties (protecting DNA from damage and insuring effective immune function). It is commonly used for digestive health, reduces heartburn and bloating, reducing acid reflux and gas. One of the ways that black salt aids digestion is by promoting bile production in the liver.

Black salt can also help with heart health by lowering cholesterol. It can ease muscle spasms thanks to its high potassium content.

Since black salt is a natural blood thinner, large amounts should not be taken if you suffer from high blood pressure.

Black seed 100g

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Blackseed capsules

Blackberry leaves

In the UK, many of us have enjoyed picking blackberries, but not many people realise that the leaves of the plant have some interesting healing properties. Blackberry leaf tea has been traditionally used to treat diarrhoea and other digestive issues. In some countries, it is recognised by mainstream doctors as a diarrhoea treatment. Blackberry leaf tea is also great for mouth problems such as ulcers or sore throat (it can be gargled before swallowing).

Blackberry leaves are packed with nutrients such as vitamins C and K, as well as the minerals calcium, magnesium and iron. They also contain antioxidants such as quercetin (which recently gained a lot of attention as a potential natural treatment for covid).

Blackberry leaves also have similar properties to red raspberry leaves which means they are great for hormone balancing in women.

Bladderwrack

Bladderwrack (*Fucus vesiculosus*) is a type of seaweed that has been used as a natural remedy for a variety of ailments for centuries. It grows on the United States' northern Atlantic and Pacific coasts, as well as Europe's northern Atlantic and Baltic coasts. Many seaweeds have incredible healing properties, but in the West, it is very rare that we get to experience these.

Bladderwrack has often been recommended for people with thyroid issues due to its high levels of iodine, which is required for healthy thyroid function. It also has a history of use for arthritis, digestive issues, and even obesity.

Bladderwrack's health benefits are now being investigated by scientists. It has been shown to have anti-inflammatory properties that reduce joint pain and swelling. It has also shown a lot of promise as a potential weight loss aid since it boosts metabolism.

- Energy
- Focus
- Arthritis
- Anti-Inflammatory
- Weight loss
- Digestion

Blood cleanser

Blue vervain

Blue vervain (*Verbena hastata*) is a tall, slender plant with beautiful clusters of blue, purple, or white flowers. It is native to North America and has been used for centuries by indigenous people as a natural remedy for a variety of ailments.

But don't let its delicate appearance fool you – blue vervain is a powerhouse of natural healing! It has been traditionally used to reduce inflammation, promote sleep, and ease anxiety.

Modern science has taken notice of blue vervain's potential health benefits, and there is some evidence to support its use for these purposes. For example, a review of six studies found that blue vervain was effective in reducing inflammation in animals. Another study found that an extract of blue vervain was effective in reducing anxiety in mice.

But the research isn't just limited to animals – blue vervain has also been studied in humans. One study found that blue vervain was effective in reducing hot flashes in menopausal women. Another study found that a combination of blue vervain and other herbs was effective in reducing the severity and frequency of migraines in adults.

Burdock powder 100g & Burdock root 100g

Today, this ancient healing herb is often associated with the sugar-packed dandelion and

burdock drink - which certainly has its distinctive flavour but unfortunately none of the healing benefits!

As well as its unique flavour, Burdock root (also known as *Arctium lappa*) has a long history of use in traditional medicine. Native to Europe and Asia, Burdock Root has been used as a natural remedy for centuries.

Modern research suggests it has anti-inflammatory and antioxidant properties and it is being investigated for use in all sorts of conditions ranging from acne to cancer - with promising results.

We most often recommend Burdock as a detoxifier. Damage caused by an unhealthy diet, alcohol and so on can accumulate in the body and cause a myriad of diseases. Burdock is great for cleaning out your system.

Modern science has confirmed Burdock's detoxifying properties by showing how it supports liver health. It is thought to help the liver remove toxic substances from the body. It may also help to reduce liver inflammation and general liver function.

Burdock is also thought to have prebiotic properties, helping beneficial bacteria to grow in the gut. Microflora health has been recently discovered to be one of the most important areas of medical research - the millions of organisms inside us help us in far more ways than most people realise (digestion, immunity, brain health and more).

Cardamom pod

Cardamon is one of the most popular spices in Indian, middle-Eastern and Asian cooking. Its uniquely warm and aromatic flavour makes it popular in both savoury and sweet dishes. The flavour of Cardamon invokes a kind of magic that is hard to describe.

Cardamom, however, is not only delicious; it is also a healing powerhouse. To begin with, it is packed with antioxidants, which means it can help protect your DNA from free radical damage. It is also anti-inflammatory, which means it may aid in the prevention of chronic diseases such as heart disease and diabetes.

Cardamom's most well-known benefit is in improving digestion. We often recommend it to our customers for digestive issues. It's been used for centuries for stomach aches and digestive problems.

Scientific research has confirmed its digestive properties, and studies have shown that it can help prevent bloating and gas.

Research has also shown that Cardamon has potential benefits for respiratory conditions like bronchitis and asthma. It has been shown to alleviate congestion and inflammation of the respiratory tract.

So often, we find that the best-tasting spices are the most beneficial for health as if nature wanted to encourage us to use them!

Cassia bark

Also known as "Chinese Cinnamon", this ancient plant has been used as a cooking ingredient all over the world. It has a sweet, aromatic, and pungent aroma very similar to the cinnamon from other parts of the world. In fact, the Cinnamon for sale in much of the West is actually Cassia.

Cassia bark is sometimes referred to as "true cinnamon" and is thought to have more healing properties than the standard variety. It has been used in traditional Chinese medicine for centuries - being used to treat fevers, colds, digestive symptoms and more.

Science has now confirmed that Cassia is a powerful antioxidant and anti-inflammatory which may explain some of its remarkable healing benefits. There has also been a lot of research regarding Cassia and blood sugar - it can help keep levels in check so it has been investigated as an alternative treatment for diabetes. It has also been shown to lower cholesterol which means it could be good for cardiovascular health.

Like many of the most powerful healing herbs, Cassia works with the body in many different ways. It

But don't just take our word for it; science backs up cassia bark's benefits. Several studies have discovered that cassia bark can help lower blood sugar levels, lower cholesterol, and even improve brain function. It's also been linked to anti-cancer properties - inhibiting the growth of tumours.

We often recommend this herb to improve general health as it has so many benefits, many of them still not fully understood by science.

Cat claw 30g

Cat's claw (*Uncaria tomentosa*) is a climbing vine native to the Amazon rainforest. It has been used since ancient times - we know it was prized by the Incas and has more recently been used in Peru, Columbia, and many south and central-American countries. It has been traditionally used to treat a variety of ailments like joint pain, digestive issues, and stomach infections.

The name comes from the fact the plant's sharp thorns are curved, just like the claws of a cat.

Recent research into Cat's claw has revealed its immune-boosting properties, which are thought in part to be caused by oxidone alkaloids. The potential to benefit the immune system is so great that Cat's claw has even been tested on HIV patients, to support their damaged immune systems. It is also being investigated for a host of conditions such as Crohn's disease, multiple sclerosis and systemic lupus erythematosus.

Cat's claw also acts as an anti-inflammatory - which makes it potentially useful for many conditions including arthritis and may explain why it was traditionally found to be helpful for joint pain. In fact, studies have shown that people with Arthritis showed reduced pain and swelling when using a cat's claw.

Like many of the most important healing herbs, Cat's claw is rich in antioxidants which protect our DNA from being damaged by environmental pollutants and toxins found in our food.

- Boost Immune System
- Arthritis
- Anti-Inflammatory
- Antioxidant

Catuaba bark cut 50g

Catuaba bark, which is native to the Amazon rainforest, has been widely used in Brazil and other South American countries for centuries. The Tupi Indians, who discovered Catuaba's powerful properties, used it to boost energy, improve mood, and improve sexual performance.

Science is starting to confirm the many benefits of this herb. One study, for example, some interesting studies show it can reduce anxiety. It has also been found to have antioxidant and anti-inflammatory properties.

Not all sources of Catuba bark are of the same quality, ours comes from a reputable source, so can be sure it has a high concentration of active compounds.

- Depression
- Anxiety
- Antioxidant, Anti-Inflammatory
- Libido

Cayenne powder organic 150g

This is a very popular spice, adding a firey taste to all sorts of dishes throughout the world. But not many people know that it is also a powerful healing herb.

Cayenne Pepper has been used as a healing herb for a staggering 9000 years! The Native Americans used it to treat all sorts of disorders - mostly related to the digestive system. Later it became very popular in Mexico and Peru both as a spice and medicine.

Today, we know that Cayenne Pepper is very rich in vitamins and antioxidants. In fact, it is one of the most antioxidant-rich peppers in the world.

Research has shown that people who eat chilli-peppers have a decreased risk of heart attacks and strokes. Cayenne Pepper in particular has been shown to lower blood pressure and cholesterol - which means it may be beneficial for cardiovascular health.

It also has anti-inflammatory properties, making it potentially protective against a whole host of medical conditions like arthritis.

Many people find eating spicy foods helps their digestion. Cayenne Pepper can stimulate the production of certain enzymes in the stomach - it also can increase the metabolism making it potentially beneficial for losing weight.

- Cardiovascular health
- Weight loss
- anti-oxidant
- anti-inflammatory

Cerasee

Cerasee is popular in Jamaica and other Caribbean countries. Its extremely bitter taste is somewhat notorious, but this is actually part of its healing power since bitterness stimulates the digestive system: the tastebuds send a signal that gets the salivary glands, stomach and other systems working overtime!

It has been used since ancient times in Asia and Africa. In the Caribbean, it is highly respected as a natural treatment for diabetes and heart problems. This led to its blood sugar-regulating effects being investigated by scientists who have shown it can lower blood sugar in diabetic people.

Many people drink it regularly to aid digestion and consider it to have detoxing properties. If you can get used to the taste, you may find a lot of benefits from this legendary Caribbean folk remedy.

Chamomile flowers

It is well known that chamomile tea has relaxing properties, with many people enjoying a cup before bedtime. But ancient records and modern science both show it has many more benefits.

It was highly prized by the ancient Egyptians, who associated it with the Sun God (this shows they had an incredible amount of respect for the herb). They used it for all sorts of things such as treating fevers and wounds.

The relaxation properties of chamomile have been researched extensively. It appears to work by increasing levels of GABA, the neurotransmitter that regulates mood and relaxation. Its ability to promote sleep and relaxation has been demonstrated by many studies.

It has traditionally been used to treat digestive problems, and scientists have investigated this and found it can potentially benefit various stomach issues.

It is packed with antioxidants which protect the body against free-radical damage which causes cancer and many other problems. In fact, Chamomile tea has been shown to reduce the risk of Thyroid cancer when it is consumed regularly

It also regulates blood sugar and has been found to be beneficial for diabetic patients. It can also help heart health by lowering cholesterol.

With all these incredible benefits, it is no surprise that the ancient Egyptians held this herb in such esteem - somehow they possessed an incredible wealth of knowledge regarding herbal medicines which we are only starting to understand today.

Chaney root 250g

Chaney root has been used since ancient times and today it is popular in Jamaica where it grows deep in the woodlands. It is used as a multi-purpose tonic and aphrodisiac. It is sometimes known as the “golden root” and has often been used to boost energy and help people through times of stress. It has also been used as a natural pain-killer, being taken for joint pain, injuries, and arthritis.

Scientific investigation of Chaney root has found that it contains chemicals beneficial to the brain including rosavins and salidroside. These work with the brain’s natural neurotransmitters, boosting mood and decreasing stress. These properties mean it has been investigated as a treatment for anxiety with promising results.

It is packed with iron, which may explain why it has been seen as a natural “blood cleanser”. Iron has numerous benefits for the circulatory system.

Its pain-killing effects are due to its anti-inflammatory properties which make it of potential benefit for a whole host of conditions.

Chaney root appears to have a hormone-balancing effect, it is often used to increase the sex drive, increase stamina and treat impotence in men.

Cinnamon bark organic 50g & Cinnamon powder 50g

Cinnamon is one of the most popular spices, its uniquely warm and sweet flavour makes it a popular addition to both savoury and sweet dishes. But not everybody knows it is also a powerful healing herb, prized by the ancient Egyptians and many other cultures. It was so prized in the ancient world that it was seen somewhat like gold, being used as a currency, gifted to kings and even offered to the Gods. It was used for all sorts of medical issues, including digestive problems and fever.

Like many great-tasting spices, it has many health benefits. Scientists have discovered it has anti-inflammatory, anti-fungal and anti-bacterial properties. It also aids digestion and appears to have a hormone-balancing effect in women.

It has been studied as a potential alternative treatment for diabetes and has been found to reduce blood sugar levels.

Some of the most interesting cinnamon research looks at its role in brain function. A review of 40 different scientific studies concluded that "Most studies reported that cinnamon might be useful for preventing and reducing cognitive function impairment.". With a desperate need to find treatments for Alzheimer's and dementia, many researchers are looking at substances like cinnamon to learn how they can improve brain function.

On top of all this, it is an antioxidant and anti-inflammatory. If we were to talk about all the medical conditions that are caused by oxidative stress and inflammation, we would be here all day! Many of the most serious medical threats to humanity come from these issues, and we believe that herbs like cinnamon can have a huge benefit.

Clay bentonite 500g

Eating clay may sound a little strange, but it is packed with minerals and has been consumed for medicinal purposes since ancient times. It was used thousands of years ago by Native Americans who called it, "Ee-Wah-Kee," which can be translated as "healing mud". It was used for all sorts of issues such as pain and fever.

Now it is widely used by the beauty industry, in skin creams, face masks and cleansers. It is highly absorbent and is believed to supply the skin with much-needed nutrients. Studies have shown it improves skin quality.

People also take it internally for digestive issues and as a mineral supplement. It is believed to have a detoxifying effect, absorbing harmful substances. So it is widely used as a detoxifier.

Research has confirmed that bentonite clay is packed with minerals like calcium, silica, iron, sodium, and potassium.

It has been studied for its digestive health properties and has been confirmed to help with diarrhoea and IBS. It also boosts the gut microflora - this is one of the most important and poorly understood areas in health. In recent years, we have discovered that microflora is involved with so many vital bodily functions, digestion, immunity, brain function and more. In fact, studies have demonstrated that bentonite clay has a beneficial effect on the immune system.

Bentonite clay has also been studied in relation to cancer (it has been shown to stop the growth of cancer cells). We are learning more about how it interacts both with toxins and

the vital systems in our body. It seems the Native Americans were right to name it "Healing Mud".

- Detox
- Digestive health
- Prebiotic
- Immunity
- Skin

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Cleavers herb 50g

You may not have heard of this edible wildflower, but it has been used for centuries for its healing properties. The ancient Greeks and Romans used it to treat skin conditions, urinary infections and digestive issues.

It is probably most well known for its diuretic properties, increasing urine production and thus helping the kidneys eliminate waste from the body. For this reason, it is often used by people with urinary tract infections or kidney issues. It is also thought to support the lymphatic system, which helps to remove toxins from the body.

Scientists have examined this herb and have confirmed it has anti-inflammatory properties - it suppresses the production of inflammatory molecules.

Cleavers herb has also been shown to have anticancer properties, extracts from it have been shown to kill various types of cancer cells.

Renowned herbalist Rosemary Gladster is a big advocate of cleavers herb, writing "Cleavers is a herb for our times. In a world where we are exposed to a constant barrage of environmental toxins, cleavers offers us a gentle yet powerful ally for cleansing and rejuvenation."

Clove bud powder ***

Cloves have a powerful and distinctive taste, they have been used to flavour foods and freshen the breath for centuries. They also have a long history of medicinal use: in traditional Chinese medicine, they are associated with the kidney, stomach, and spleen.

Cloves are mostly known for their oral-health benefits which are said to date back to the

16th Century. They contain a powerful natural anaesthetic called eugenol. This substance also fights bacteria - so you both have a pain-killing and healing effect, not to mention the taste freshens your breath. This is why cloves are often used in toothpaste and mouthwashes. It is possible to make your own powerful mouthwash by boiling cloves. This will keep your mouth free of harmful bacteria, prevent toothache and will also freshen your breath.

Laboratory investigations of clove buds have found that it has anti-inflammatory, and anti-bacterial, and blood sugar-regulating properties.

Clove bud can reduce the body's sensitivity to insulin, which means it is being investigated as a potential natural remedy for diabetes.

The anti-bacterial power of clove extract has been demonstrated against a range of harmful bacteria.

"Studies suggest that the active compounds in clove, particularly eugenol, have potent antioxidant, anti-inflammatory, and antimicrobial properties that could be useful in the prevention and treatment of various health issues." - Dr Axe, certified doctor of natural medicine and clinical nutritionist.

Cola nut powder

Cola nut is mostly famed for being the original flavouring used in flavour. This is not the best use for them, sweet fizzy drinks destroy health whereas this wonderful nut can protect it.

The Cola nut is native to West Africa, where it has been used for hundreds, if not thousands, of years as a natural stimulant. Its flavour and stimulating properties meant it soon spread to Europe as trading routes with Africa were established.

Cola nut is said by many to better pick-me-up than coffee with fewer side effects. It does contain caffeine, but also theobromine, which is another natural stimulant found in chocolate. There may be other substances in it which contribute to its ability to improve focus, herbs often contain thousands of active ingredients working together in ways that science is only scratching the surface of.

Cola nut has a very high concentration of anti-oxidants which protect our cells from damage caused by environmental pollutants, toxic substances in our diets, radiation and so on.

The focus-enhancing properties of Cola nut have been confirmed by scientific studies which suggest it improves memory and cognitive function.

It is also being researched for weight loss since it has appetite-reducing properties and may help the metabolism - it has been shown to reduce body fat in overweight individuals.

There is also evidence that Cola nuts can help regulate blood sugar by reducing insulin sensitivity. This means that it could reduce the risk of diabetes.

It is possible to make your healthy cola using cola nut powder. This is definitely recommended over consuming the 15 spoons of sugar and industrial chemicals that go into modern colas, which represent a mockery of the healing power of this remarkable herb.

Coriander

Coriander's subtle and light flavour makes it an incredibly popular spice, both as a dry powder and an edible leaf. Native to the Mediterranean, this herb has been used in traditional medicine for thousands of years for digestive issues, skin problems and more.

When it comes to herbal remedies for anxiety and insomnia, most people think of valerian, passionflower and chamomile - but did you know that coriander also has powerful sedative properties? One study even found it had anti-anxiety effects comparable to the prescription drug Diazepam. Unlike herbal remedies, drugs like Diazepam are highly addictive and change the brain's chemistry. So there is a desperate need to find natural alternatives. Coriander has also been shown to improve mood. There has also been research that shows it improves cognitive function and memory. So, it seems this herb is good for the brain in many ways. Some researchers have suggested this is because it contains linalool, a substance known to promote calm and improved mood.

There have even been brain-scan studies that showed less activity associated with anger in people who took coriander - shedding some light on its power to soothe emotions.

It has anti-inflammatory properties too. Inflammation is the common culprit behind so many health problems, so it is important to ensure your diet contains natural anti-inflammatory substances like coriander.

It has even been shown to have blood-sugar regulating and anti-cancer properties. This herb really is a healing powerhouse and should be consumed regularly.

Cumin seed powder

Mostly known for its wonderful flavour, this Mediterranean spice has been used in traditional medicine for over 3,000 years and there are records of it in Ancient Egyptian, Roman and Greek records.

Cumin is known for its digestive properties and has been traditionally used to help with indigestion and bloating. Cumin seed is also a good source of iron and has been used to help treat anaemia.

Studies have revealed that Cumin seed has anti-inflammatory and antioxidant properties. Since many of the world's most serious health problems are caused by excessive inflammation and oxidative stress (damage from pollutants and toxins) it is important to consume herbs like cumin.

Its ability to promote the digestive system has been demonstrated by studies which show it reduces indigestion symptoms. The anti-inflammatory properties have also been shown throughout the body.

Damania herb organic 50g

"The mountain rose", Damania is native to the Americas and has been used by the indigenous people there for centuries as a natural remedy for a wide range of health issues. Ancient residents of Central America, the Aztecs and the Mayans used a well-known medicinal herb called damiana. Damiana also acts as an aphrodisiac, increasing sexual arousal and pleasure while decreasing blood pressure, cholesterol, and blood sugar levels. The condition is advantageous for diabetics who are experiencing erectile dysfunction or (ED).

Damiana has also been employed as a tonic to replenish depleted energy, uplift the spirit, and foster a general sense of well-being.

This herb has been found to have anti-inflammatory and antioxidant properties, which can help protect the body from damage caused by free radicals. Damania also has a positive effect on blood sugar levels and has been traditionally used to help with diabetes. Additionally, it has been found to have anti-cancer properties, supported by pre-clinical research.

Dandelion leaf organic 50g

Dandelion root 100g

The majority of people are unaware that the yellow weeds that appear every spring are actually healing herbs with numerous potent health advantages.

The dandelion, a native of Asia and Europe, has been mentioned in many ancient texts. For example, we know that in the tenth and eleventh centuries, Arabian doctors used it extensively. The dandelion has been cultivated for medicinal purposes by the Chinese and the Indians for ages to cure digestive and liver issues.

Muscle aches, loss of appetite, unsettled stomach, intestinal gas, gallstones, joint discomfort, dermatitis, and bruising can all be treated with dandelion root. Additionally, it stimulates the generation of urine and acts as a laxative to stimulate bowel movements.

It has attracted a lot of research regarding its possible benefits for kidney and gall bladder function. It appears to help with the body's natural water system in several different ways.

Dandelion has also shown attracted research for its potential to help with cancer as well as viral and other types of illnesses. Additionally, it is employed as a blood tonic, digestive tonic, and skin toner.

Devil's claw root organic

This herb gets its name from its fearsome-looking spikes, but we think the name is a little unfair because the herb is more angelic than devilish thanks to its amazing ability to soothe pain. Its properties were well understood by the indigenous people of southern Africa who used it for centuries as a natural remedy for pain and inflammation. It has also been traditionally used to treat fever, and as an overall health tonic.

The performance-boosting power of this herb is so strong that it has been banned for racehorses (it was commonly given to horses to soothe muscle pain and aid recovery).

It is widely used in Europe as a natural remedy for arthritis, back pain, and headaches. This is because it has a powerful anti-inflammatory effect - which has been demonstrated by numerous studies. It has gained a lot of attention as an alternative arthritis treatment.

Chronic pain is an increasingly serious issue, and existing medications are highly addictive and have many side effects. Devil's claw may well be a useful alternative and we welcome any new research. Our customers have reported improved energy and reduced pain (particularly from arthritis).

Dog Blood

Named after its bloodlike colour, Dog blood, sometimes referred to as "Sanguis draconis" or "Dragon's blood," is a crimson resin that can be extracted from the bark of numerous *Dracaena* species of trees.

It has been used for hundreds of years to treat a wide range of illnesses, including wounds, infections, and haemorrhages.

Dog blood is still utilized in traditional medicine today, particularly in several regions of South America, Africa, and Asia. It is very popular in Jamaica where it is considered a Potent womb-healer, supporting female reproductive health and fertility.

Anti-inflammatory, antioxidant, and antibacterial properties have been by modern research. The anti-inflammatory properties are so powerful that it is sometimes referred to as the "inflammation herb".

Dog blood is also known as the "feminine herb" due to its benefits for female reproductive health. The anti-inflammatory qualities of Dog Blood Bush are particularly effective for clearing excess mucus from mucosal membranes, particularly from clogged fallopian tubes. The antispasmodic properties stop muscle spasms while the analgesic properties reduce pain.

This really is a wonder-herb for women: if you want to increase your fertility, get rid of or lessen fibroids and cysts, shorten your moon cycle, get rid of uncomfortable cramps, or just make sure your womb is in great shape,

The herb also can help men with prostate issues.

Benefits Include:

Health of female reproduction

Infertility

Fallopian tube obstruction

Obstetrical cysts

Fibroids

promotes male prostate health

Promotes recovery from injury

Fights infection

Anti-inflammatory

Don quai root organic

Not everybody has heard of this ancient Chinese herb, but it has an incredible range of benefits, from enhancing bone health to lessening menopause symptoms. According to studies, it may also lessen depression, control blood sugar, reduce inflammation, and improve heart health.

Since ancient times, this plant has been a key component of Chinese medicine and has been used to treat everything from constipation to depression. Today it is commonly used to help balance hormones and lessen menopause symptoms. This is why it is sometimes referred to as 'female ginseng'. Dong quai has a long history of use as a natural remedy for menopausal symptoms, which some studies have linked to its estrogenic effect.

It is also said to enhance the libido - even the herb's name suggests that it has a positive impact on sexual health. Dong quai can be translated to mean "the husband returns back to his wife" in Chinese.

There are many benefits being uncovered beyond hormone balancing. According to some research, it may be able to prevent osteoporosis by fortifying and strengthening bones. Dong quai has been shown in studies to lower blood sugar levels and support normal blood sugar levels to fend off negative side effects. It is also attracting a lot of research in the area of heart health - it has been shown to reduce cholesterol. Some studies have shown that dong quai may have an anti-depressant effect.

Echinacea leaf 50g

Echinacea is a native North American coneflower that has been used as a traditional herbal remedy by native people for hundreds of years.

Echinacea is widely recognised as a treatment for colds and flu - being available in mainstream pharmacies. But today, not many people know that it was widely used before the advent of antibiotics thanks to its potent anti-viral effects.

Many of echinacea's chemical constituents are powerful immune stimulators with significant therapeutic value, which is why the plant is frequently used to treat the common cold. It is packed with essential oils, flavonoids, inulin, polysaccharides, and vitamin C as echinacea constituents.

Its anti-viral effects are well demonstrated, Echinacea can reduce the likelihood of catching a common cold by 58% and shortens the duration of a common cold by nearly 1.5 days.

Native people often used it as a painkiller, and research has uncovered why. It appears Echinacea purpurea and angustifolia activate the endocannabinoid system, enhancing its pain-relieving properties. The herb has been shown in in vitro and in vivo studies to reduce inflammatory pain, such as arthritis and burns.

There are many other benefits of Echinacea being researched. Functions as an anti-inflammatory agent, ameliorates skin complaints, improves mental health, and helps with upper respiratory issues. There have even been some very promising cancer research with Echinacea - so much so that some doctors recommend it as an adjacent treatment.

Echinacea root 50g

Elderberry organic

This plant and its berries have long been used by Native Americans and European herbalists for alleged health benefits. Historically, the leaves and flowers were used to treat inflammation, swelling, and pain, induce sweating, and stimulate urine production. Every

part of the plant was thought to have medicinal value. The bark was used to induce vomiting as well as as a laxative and diuretic.

Hippocrates, known as the "Father of Medicine," described the plant as his "medicine chest," which he used to treat various ailments. The elder is a legendary plant with medicinal uses dating back to Ancient Egypt and spanning many cultures and countries.

Elderberry juice has been shown in studies to lower cholesterol levels. A diet rich in flavonoids, such as anthocyanins, may lower the risk of heart disease. They are high in vitamin C, dietary fibre, phenolic acids, flavonols, and anthocyanins.

A great many benefits have been discovered:

The elderberry plant's leaves, fruits, and flowers are high in antioxidants.

Black elderberry extracts have been shown to reduce the duration and severity of influenza.

Elderberry may have antidepressant properties; there is evidence that it improves performance and mood.

Studies have shown that elderberry polyphenols help the immune system by increasing the number of white blood cells.

The plant can fight bacteria - it has been shown to inhibit the growth of harmful pathogens such as *Helicobacter pylori*.

Elderberries have even been shown in studies to have cancer-fighting properties.

Elderflowers organic

Many people may have experienced the distinctive floral taste of elderflower tea, but not everybody knows it is a remarkable healing herb. Recipes for elderflower-based medications date back to Ancient Egypt, where tombs were found to contain jars of elderflower tincture around 3500 BC. It has a long history of use throughout the ancient world, including in native America. In Europe, it has been used to treat cold and flu symptoms, being popular in the early 20th century.

Elderflower has diuretic, laxative, antiseptic, antiviral, and anti-inflammatory properties. The flowers are known for their high antioxidant content and Vitamin C content which can boost your immune system. Elderflower also helps fight flu and respiratory disturbances by encouraging toxins to leave the body, literally "sweating it out". Its anti-viral properties have been backed up by science. In 2006, researchers discovered that an extract from the elderberry plant was effective against the H5N1 strain of avian flu.

Elderflower contains tannins that have an astringent effect, which helps to dry up runny eyes and noses. This, in turn, is a lifesaver in preventing "red nose syndrome" caused by overblowing of your nose and eyes. Elderflowers can also help with inflammation and irritation.

According to Irish research, elderflower is also effective in combating various hospital pathogens such as methicillin-resistant *Staphylococcus aureus* (MRSA)¹. This and other studies, such as the aforementioned 1995 Hadassah study, demonstrated that Elderflower is effective against human, swine, and avian flu strains.

Elderflower is frequently used to calm or relax people. Elderflowers can relax the nervous system during stressful times and may even relieve depression.

The flowers contain flavonoids, the most important of which is quercetin, which aids in the reduction of oxidative stress in the body. This aids in the protection of the skin, joints, and blood vessels. It is commonly used in skin creams and is frequently recommended for arthritis sufferers.

Elderflower has been even shown to help lower cholesterol and blood sugar levels in the body.

As with many of the herbs that were popular with ancient Egyptians, Elderflower is a healing powerhouse.

Eucalyptus

If you have ever used a herbal steam bath to clear a runny nose, the chances are it contained Eucalyptus. But did you know that it is an ancient healing herb of great power? For thousands of years, Chinese, Indian Ayurvedic, Greek, and other European styles of medicine have used it to treat a variety of conditions.

Eucalyptus has well-documented anti-microbial properties, it has been used to prevent infections in hospitals and recently has been investigated as an alternative to antibiotics.

Eucalyptus is found in a variety of products used to treat common cold symptoms, such as cough lozenges and inhalants. It may function as an expectorant, loosening phlegm and relieving congestion.

Eucalyptus can also commonly be found in natural toothpaste and mouthwash. This is because eucalyptus appears to be active in fighting bacteria that cause tooth decay and periodontitis while promoting dental health.

Modern science has uncovered many more potential benefits of this wonderful herb including immune system support, pain relief, improved healing of wounds, and prevention of fungal infections.

Eyebright herb organic 40g

Eyebright has a long and illustrious history of use for its restorative effects on vision. Eyebright has traditionally been used to treat a variety of eye ailments such as inflammation, conjunctivitis, red eye, styes, itchy eyes, stinging eyes, and poor vision.

Eyebright was also used to treat eye infections by the ancient Greeks and Romans, and it was later adopted as a remedy for eye disorders by the Anglo-Saxons and other European cultures. Eyebright was also used to treat eye conditions in traditional Chinese medicine.

Eyebright has been used in traditional European medicine for centuries. Pliny the Elder, a Roman naturalist and philosopher who wrote about the medicinal properties of plants in the first century AD, mentioned the plant in several ancient texts. Eyebright was considered a valuable herb for treating eye infections during the Middle Ages and was included in many traditional eye remedies. Culpeper, a 17th-century herbalist, extolled its virtues in "Culpeper's Complete Herbal," claiming Eyebright falls under the sign of the lion, and as such Sol asserts authority over it. "The juice or distilled water of eye-bright, taken inwardly in white wine or broth, or dropped into the eyes, for divers days together, helps all eye infirmities that cause dimness of sight," he advised.

With all the history of use and anecdotal evidence, it is surprising that eyebright has not garnered more research attention. However, there are a few studies which are now starting to confirm its benefits to eye health.

Fennel seed organic

We know that this herb was sacred to the ancient Egyptians because it was found in the Tombs of pharaohs, including King Tutankhamun. Some surviving records show it was used to treat conditions associated with excess phlegm, and to help lactating women. It was a herb much-praised by Hippocrates who, as we have explained, was initiated by ancient Egyptian priests.

Scientists have studied the medical properties of Fenugreek, and the results are quite remarkable. The 2017 study, “A small plant with big benefits: Fenugreek for disease prevention and health promotion” summarises some of the findings.

It is an antioxidant, which means it can protect cells from DNA damage (the cause of many cancers and other conditions). In today's world, we are bombarded by DNA-damaging toxins so anti-oxidants are very important. There has been a lot of diabetes research involving Fenugreek and it has been shown to keep blood sugar levels under control. It can be used for weight loss, it protects the liver, it boosts testosterone in men, and relieves menstrual cramps in women. Extracts of Fenugreek have been shown to kill breast cancer cells. Not bad for a cooking ingredient!

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Feverfew herb 50g

This herb has been used throughout history to treat a wide range of conditions, including fevers, headaches, stomachaches, toothaches, bug bites, infertility, and menstrual and labour issues. Feverfew is now used to treat migraines, psoriasis, arthritis, seasonal allergies, asthma, and neurological conditions like tinnitus and dizziness. It has also been used for nausea and vomiting.

Feverfew's pain-relieving properties have been revealed to be down to parthenolide, which fights migraine-related blood vessel enlargement. Some studies have suggested it has superior anti-inflammatory properties to aspirin!

Science has also demonstrated that feverfew can help reduce migraines and some of the troubling symptoms that often accompany them such as nausea, vomiting, and heightened sensitivity to light and noise.

Feverfew has also been studied in the search for arthritis remedies. It is thought that feverfew inhibits the production of prostaglandins, which can be responsible for inflammation and pain.

It also shows promising results with dermatitis. According to research, appears to reduce damaged skin cells and inflammation, leading to improved skin quality.

Feverfew may also act as an antithrombotic agent, preventing blood clots, thus lowering the risk of death from strokes and heart attacks! For some totally unknown reason, there are a lot more people having heart attacks and strokes these days, so research into this herb is welcomed!

Fonio

This is fast becoming one of the most popular super-foods - it has levels of nutrients that are practically unheard of!

One of the oldest African cereal grains, having been consumed in West African countries like Nigeria, Guinea, and Burkina Faso for over 5,000 years.

It is absolutely packed with nutrients. It is a great source of plant-based protein, and it's naturally gluten-free which is important today as more and more people have become aware of the dangers associated with gluten. It's also high in important metals like iron, zinc, phosphorus, and magnesium. These are necessary for cognitive function, bone health, general energy, and many other functions.

It is packed with essential amino acids which are vital in so many functions in the body. It is particularly high in methionine, cystine, valine, leucine, and isoleucine, fonio. Vegans can sometimes struggle to get these in adequate amounts, so Fonio could be a great supplement to their diets.

It is also high in B vitamins, such as thiamine, riboflavin, folate, and niacin. These are essential as the body uses them to convert nutrients into energy. B vitamins are also needed for healthy muscles, nerves, heart, and cognitive function.

It has a low GI score, so it is a great choice for people who want to keep their blood sugar levels under control. For this reason, it has been recommended as a diabetes management tool in African countries.

Frankincense

We know that the ancient Egyptians used frankincense medicinally, although little documentation remains today. In recent years, there has been a renewed interest in natural medicine as we realise the limitations of pharmaceutical drugs (they are expensive, create side effects, and often cause more harm than the illness they are meant to cure). Researchers have put frankincense to the test and discovered that it has many powerful medicinal properties.

Medicinally, the best way to use frankincense is in the form of oil pressed from the resin. It has been shown to soothe coughs, colds, and other respiratory problems. Used on the skin, it removes scar tissue and stretch marks. It also has anti-bacterial and anti-fungal properties making it useful for infections.

Some of the most fascinating frankincense oil studies come from looking at the effect it has on cancer cells. It appears to work on a genetic level – fighting cancer in several ways. It stops cancerous cells from dividing and growing. It even causes apoptosis (cell death) of cancer cells. The most remarkable thing is that, unlike chemotherapy drugs, it does not harm ordinary cells. With standard cancer treatments causing such terrible side effects, there is an urgent need for alternatives and researchers have suggested frankincense oil is a strong candidate.

It has been shown that frankincense kills cancer cells in a lab environment in an incredibly sophisticated way, working in harmony with the body.

There is also scientific that frankincense oil boosts the immune system, by supporting the division of white blood cells.

It seems the ancient Egyptians had a type of knowledge that today has been lost because we are only just discovering the many benefits of the herbs they held as sacred.

- Skin issues
- reduce scars
- reducing acne
- anti-cancer
- respiratory issues.

Gentian root organic

Gentian root has become famous for its use in many alcoholic drinks, but that's not how we would recommend you take it!

It has a medical history dating back hundreds of years. It gets its name from Gentius who was king of Illyria (now a part of Greece). He was said to have discovered the plant's health benefits, but some say it goes back much further than that.

It is one of the bitterest-tasting herbs in the world. But this is a good thing when you understand that the taste of bitterness itself has a beneficial value. It sends a signal from the tastebuds that stimulates everything from the salivary glands down to the stomach! In fact, the bitter alcoholic drinks made from Gentian were traditionally consumed before eating for this reason.

Gentian has been used for many digestive problems like indigestion, bloated stomach, heartburn, and diarrhoea. It has also been as a fever treatment and to prevent muscular spasms. It can boost appetite and for this reason, it has been studied as a potential treatment for anorexia, with promising results.

Gentian root has anti-inflammatory properties and thus aids in the treatment of inflammatory diseases like arthritis. In fact, Gentian has been found to contain a compound called gentiopicroside which research shows may be beneficial in treating arthritis. The anti-inflammatory action has also been confirmed through research into people suffering from sinus infections - symptoms were reduced.

Ginger root organic

Ginger's unique fiery flavour makes it a popular spice in many parts of the world, but it is also an extremely powerful healing herb.

It originated in Southeast Asia and has been used medicinally for thousands of years being heavily featured in both ancient Indian (Ayurvedic) medicine and Traditional Chinese Medicine). It was also popular with ancient Greeks and Romans for its medicinal properties.

Ginger has a surprising number of health benefits, working with various aspects of our body, particularly the digestive system. It is a powerful anti-inflammatory and pain reliever. It can improve digestion, prevent nausea, and reduce bloating. It can even help with altitude sickness - so is often used by people heading to high-altitude where oxygen levels are lower.

Recently, there has been a lot of research into Ginger's anti-cancer properties - ginger and its extracts have been shown to be effective against many different types of cancer cells.

Its powerful inflammatory properties mean that it has been investigated for use by people suffering from osteoarthritis, where it has been shown to reduce symptoms.

Ginger is also popular with women experiencing menstrual pain, and studies have confirmed it has benefits in this area.

Ginkgo biloba leaf

If you find it hard to concentrate, or often forget things, then this powerful brain enhancer may be what you need. It is commonly used for its cognitive-enhancing effects today as it was thousands of years ago.

This brain-boosting leaf comes from one of the oldest living tree species in the world! The ancient Chinese used it for brain disorders, circulatory issues and more. It soon spread to Japan and Korea. Its health benefits were not recognised in the West until the 20th Century.

Now there has been plenty of research to confirm its cognitive boosting effects. It appears to work by improving blood circulation in the brain. It opens up blood vessels and makes blood less sticky. This property is also why it is used to improve general circulation.

Research has confirmed that Ginkgo is packed with powerful antioxidants and anti-inflammatory compounds. Inflammation and oxidative stress (cell damage from toxins and pollutants) cause many of the world's most serious health issues, so we always recommend the regular use of herbs such as Ginkgo.

Its cognitive-enhancing properties have been backed up by plenty of research in areas such as dementia, Alzheimer and tinnitus. It has also been shown to improve memory and attention in healthy individuals.

Ginseng powder

In Asia, this herb has been used for centuries. It features heavily in traditional Chinese medicine and also has a long history of traditional use in Korea and Japan. It was used as a tonic to boost vitality and longevity. Both of these benefits have now been confirmed by scientific research.

Numerous studies have looked into Ginseng's effects on the brain and the findings have been quite remarkable. It can improve memory and cognitive function as well as prevent degenerative diseases like Alzheimer's. It can also reduce depression and anxiety symptoms. Its mood-boosting and anxiety-relieving effects are so strong that it has been tested as a natural remedy for opiate withdrawal and it has been quite effective in relieving the challenging symptoms. Ginseng appears to benefit the brain in many different ways: protecting brain cells, causing neural stem cells to reproduce, and modulating neurotransmitters like serotonin and dopamine.

Recently, Ginseng's anti-ageing properties have also been getting a lot of research attention. Firstly, it can ameliorate many of the problems associated with ageing such as cognitive decline. It has been shown to give people younger-looking skin. It seems to support the ageing body in many different ways: reducing oxidative stress and inflammation, as well as promoting cellular health. Research is ongoing in this area to look at its anti-ageing properties on a genetic level.

A host of other benefits of Ginseng have been found. It can improve cardiovascular health, boost the immune system and regulate blood pressure.

Goat rue organic

This herb is not so well known, but did you know that the popular diabetes drug metformin is made from a substance extracted from it? Quite often, pharmaceutical companies will fund research into herbs, but only because they are looking for compounds that can be extracted, modified, patented and sold to make billions of profit! But what about if we just take the herbs as nature intended?

Well, in the case of Goat's Rue (also known as French Lavender), many benefits have been

established. It has been shown to lower blood sugar in diabetes patients. This is thought to be due to the compound guanidine.

It has also been shown to be a powerful anti-inflammatory. Excessive inflammation is behind many of the biggest health problems we have today: Alzheimer's disease, obesity, diabetes, heart disease and so on.

Goats Rue is also useful for promoting digestion. It stimulates the adrenal gland and pancreas, can protect the liver and has also been used to induce breast milk production.

Goats Rue may also have an anti-ageing effect. Guadine extracted from goat's rue is used to make metformin, which as well as treating diabetes is one of the most powerful anti-ageing drugs (increasing life expectancy by up to 20%). There has not been any research to determine if goat's rue in its natural form slows ageing, but it could be the case since its blood sugar-regulating effects are similar to the synthetic drug.

Gotu kola 30g

Keep forgetting where you put your keys? Maybe you need Gotu Kola!

Also known as Asian Pennywort, this is a very versatile herb. It is native to China, Japan, Indonesia and other Asian countries where it likes to grow in wetlands. It has been used medicinally in these countries for thousands of years, incurring a somewhat legendary status. In fact, one legend says that Gotu Kola is the reason elephants have such good memories.

There may be some truth in this legend because Gotu Kola has been shown to enhance memory in many studies. It appears to work on a molecular level, improving the brain's ability to create long-term memories. This property means it has been extensively researched in Alzheimer's and other cognitive issues in the elderly population. It has had impressive results.

Gotu Kola also helps to improve blood circulation and has been successfully used to treat people with issues in this area.

Gotu Kola can also be used topically. It has been shown to speed up the healing of wounds and boost collagen production. This means it is a popular natural remedy for issues like dermatitis and eczema.

- Memory boosting
- Blood circulation
- skin healing

Green tea organic 50g

Green Tea needs no introduction - it has been one of the most widely consumed herbs in the world, dating back to ancient China and having strong cultural significance throughout Asia. It has been used to promote wakefulness and focus for thousands of years. Even monks would use it to improve their concentration in meditation sessions.

Many people use coffee to stay awake and focused. But green tea could be a better option. It does contain caffeine, but also has L-Theanine which promotes calm.

Green Tea is often used by people who want to stick to an alkaline diet. Unlike coffee, which is acid, Green Tea has a high PH level.

There is also mounting evidence that it has an anti-depressant effect. Traditionally, one of its benefits is the ability to reduce feelings of anxiety and despair - and this seems to now be backed up by science, with many studies showing that people who drink green tea regularly enjoy better moods. Its potential anti-anxiety effects (partly due to L-Theanine) have led to Green Tea being investigated for PTSD, with encouraging results.

Research has also revealed that green tea is a powerful antioxidant. This means it can protect our cells from the damage caused by environmental pollutants and toxins in what we eat and drink. It is essential in today's world to boost your level of anti-oxidants, and drinking green tea regularly is a great way to do it.

There have also been many studies that confirm green tea's benefits to the skin. Regular consumption results in younger-looking skin, and reduced skin complaints.

If you regularly consume coffee or black tea, switching to green tea may have a lot of benefits. It has been shown to improve memory, protect the brain from age-related decline, regulate blood sugar and promote cardiovascular health.

It has also been used by many to lose weight since it reduces the appetite and stimulates the metabolism.

It is no coincidence that Green Tea was so valued by ancient people in Asia - it is an extremely powerful healing herb as well as a natural pick-me-up.

- Anti-depressant
- improve memory and focus
- improve skin
- cardiovascular health
- blood sugar

Guarana seed

In some parts of South America, Guarana is used instead of coffee as the stimulant of choice to enhance wakefulness and concentration. It also has some added benefits that have been confirmed by scientific research.

It has been used for thousands of years, originally by indigenous people living in the Amazon basin who used it to boost energy and reduce fatigue.

Guarana contains caffeine and numerous other substances that improve energy levels and focus. It has been shown to increase memory and alertness, as well as improve mood. It has also been used by athletes to enhance performance - it is often today used as a pre-workout supplement.

Since it can suppress the appetite, it has been used to help people lose weight. Guarana has also been found to have powerful anti-inflammatory properties. Since inflammation is behind so many of the biggest health problems, Guarana could potentially protect against a range of health problems.

Guinea hen weed 100g

Also known as Anamu, garlic weed, or gully root, this herb is popular in Jamaica where it is made into a tea commonly used to treat colds and fever. Originally found in the Amazon rainforest, Guinea hen weed has been used by indigenous people for centuries, and was considered to have magical as well as health-promoting properties.

In Jamaica, it is still seen by some to have spiritual benefits - being referred to as “duppy root” for its ability to chase away ghosts (when its strong-smelling leaves are sprinkled around a room - also working as a natural air freshener).

Like many herbs traditionally considered magical, it has been found to possess many healing properties. Today, science has confirmed that it has powerful anti-inflammatory effects. It has been examined as a potential treatment for arthritis. It also has anti-cancer properties and laboratory studies have shown it can selectively target cancer cells. It also appears to support the immune system.

Gum arabic

A resin from the acacia tree, gum arabic is mostly known today as an ingredient used in the food industry to give things like sweets a gummy texture. But it also has a long history of medicinal use for digestive issues and wound healing

Some of the most interesting modern research concerns its prebiotic effect. The healthy bacteria in our gut are absolutely vital for our health and well-being. Research in this area is currently exploding as we learn more and more about how the billions of organisms that live inside of us support our health (our digestion, our immune system, and even our cognitive function). Gum arabic is one of the natural substances that can promote the growth of our helpful bacteria.

Gum arabic is also a great source of soluble fibre which is important in promoting cardiovascular health since it lowers cholesterol. A high-fibre diet can also reduce the risk of diabetes since it increases insulin levels. Gum arabic has been used successfully in fibre supplements given to people who suffer from IBS.

- Prebiotic
- Cardiovascular health

Hawthorn berry organic 50g

Hawthorn is known as “The Heart Herb” for its remarkable ability to treat heart conditions. The leaves, flowers, and berries of the plant are all beneficial but the berries are most well known, being used by native Americans for thousands of years for heart and digestive issues.

In the West, Hawthorn berries were widely used to treat heart conditions since the 1800s. Conditions like angina, high blood pressure, irregular heartbeat and even heart failure have been treated with Hawthorn berry.

Research has backed up its cardioprotective abilities, with numerous studies showing it can mitigate the risk of heart failure (in some cases, just as well as prescription drugs). It dilates blood vessels and improves blood flow to the heart - making it very useful in preventing angina.

Hawthorn berries can also reduce blood pressure, lower cholesterol (also beneficial for heart health, and kill bacteria).

Laboratory analysis has revealed that Hawthorn is packed with beneficial compounds including flavonoids, anti-oxidants like quercetin, and vital vitamins. The anti-oxidant effect has been demonstrated by research (it can absorb free radicals which can damage our cells).

With an ageing population, heart health is one of the most important concerns at present - so Hawthorn berries could a very worthwhile addition to your diet. Also, given all the environmental toxins we are bombarded with anti-oxidants are very important and this is one of the best sources.

- Cardiovascular health
- blood pressure regulation
- anti-oxidant

Hemp seed

With the advent of CBD products, and changing laws throughout the world, cannabis is getting a lot of attention. But did you know that hemp - the legal, non-psychoactive version of cannabis - is also a powerful ancient healer?

Hemp has been used for over 10,000 years, for virtually everything. It was heavily featured in the oldest known pharmacopoeia and written by the Chinese Emperor Shen-Nung in 2727 BC. The ancient Chinese believed in maintaining harmony with nature and so were very clued up on natural healing. They used hemp to treat blood clots, hair loss, stomach aches, infections and more.

Perhaps no ancient culture was as obsessed with health and spirituality as the Ancient Egyptians and they also viewed hemp as sacred. The Ebers Papyrus, written in 1550 BC gives many medical recipes using hemp.

Hemp seed can be thought of as one of the most nutrient-packed natural supplements, a rich source of plant-based protein, healthy fats, fibre, and various vitamins and minerals. This natural superfood can support your overall health and well-being.

Hemp seed has been shown to reduce inflammation, which is linked to untold health conditions. It has also been shown to regulate blood sugar and reduce cholesterol (making it of potential benefit for cardiovascular health).

- cardiovascular health
- anti-inflammatory
- reduce cholesterol
- superfood

Henna powder leaf organic 50g

Henna powder is mostly known as a natural dye, used to make traditional “temporary tattoos” in India, Pakistan and the Middle East. But did you know that Henna also has many medicinal properties?

As well as for decoration, ancient people in Asia and Africa would use Henna to help cool the skin in hot weather, as well as to treat wounds and skin infections. It was also used internally for stomach issues.

Scientific research has backed up some of its health benefits. It has been shown to have anti-bacterial properties which may explain why it could treat wounds and digestive issues. It has also been shown to possess powerful anti-inflammatory properties.

It is often taken to treat stomach ulcers and other digestive issues, as well as being used topically to treat skin infections, dandruff and other issues.

- skin health
- wound healing
- digestion

Hibiscus flower organic

Many cultures have enjoyed hibiscus tea for ages. Hibiscus tea is popular in Central America, South America, and the Caribbean.

In Jamaica, Panama and some other countries, Hibiscus is used to make the popular "sorrel tea" by blending it with other herbs and spices.

Hibiscus not only makes a tasty drink, but it has an incredible array of health benefits. It has been used by different cultures in different ways over the years. For example, in Traditional Chinese Medicine (TCM) it was used to treat viral infections like chickenpox and shingles.

Studies have confirmed it has many benefits. It reduces blood pressure, even in high-risk patients.

It has also been shown to reduce cholesterol and triglycerides, which means it could be beneficial for cardiovascular health (especially when you also take into account the ability to lower blood pressure).

Hibiscus is packed with antioxidants. These prevent the damage done by environmental pollutants and toxins in our foods and drinks. The high antioxidant content has also led to it being studied as a potential cancer treatment. It has been shown to kill leukaemia cells and stomach cancer cells in a laboratory environment.

There have also been studies that show Hibiscus lowers the risk of obesity - it seems to increase metabolism. It can also help to keep blood sugar regulated, reducing the risk of obesity.

There is even research into Hibiscus having a possible effect on mood. It is packed with bioflavonoids which can potentially ameliorate depressive symptoms.

Hibiscus has anti-bacterial properties too and has been investigated as a potential tool to combat MRNA.

There is also its diuretic effect - it encourages urine production, helping the body to remove toxins. For this reason, Hibiscus is being investigated as a potential treatment for kidney stones.

Hibiscus tea should not be taken by pregnant women, and it can be toxic to anybody if taken in very large quantities.

- Reduces blood pressure
- Lowers cholesterol
- Antidepressant
- Anti-bacterial
- Weight loss
- Kidney health

Himalayan salt

Pink salt, or Himalayan salt, is a variety of rock salt that is extracted from the Himalayan mountains in Pakistan. It is thought to have formed millions of years ago as a result of the drying up of prehistoric oceans. Calcium, magnesium, potassium, and iron are just a few of the many vital minerals and trace components found in Himalayan salt.

Himalayan salt has been used in traditional medicine to treat a wide range of conditions for ages due to its widely acknowledged health benefits. Himalayan salt has been touted for its alleged health benefits, which include easing digestive issues, lowering inflammation, and purifying the body. It has been theorized that it can also aid in controlling blood pressure and facilitating restful sleep.

Several preliminary investigations have hinted that Himalayan salt may have antibacterial characteristics useful in the battle against dangerous bacteria and viruses; nevertheless, more research is needed. Antioxidant qualities have been observed, which may help shield cells from free radical damage. The minerals and trace components in Himalayan salt may also benefit bone health, according to some studies.

Potassium is one of the active components in Himalayan salt that may provide health advantages. Potassium is a vital mineral that aids in controlling blood pressure and ensuring that muscles and nerves work as they should. Magnesium, vital for strong bones

and muscles, and iron, required to make haemoglobin, are both found in abundance in Himalayan salt.

Holy thistle leaf

This powerful herb, also known as "the blessed thistle" has been utilized therapeutically for millennia. It has been used to treat a wide range of conditions from digestive troubles to liver illness to skin ailments, and it is said to have originated in the Mediterranean.

The practice of using holy thistles in traditional European herbalism dates back to the Medieval Ages. It is frequently used in extracts and cordials as a digestive tonic. Like many bitter herbs, the taste itself is part of the healing effect as our taste buds send signals to activate different parts of our digestive system when this flavour is encountered.

Holy thistle leaf is valued for its potential to promote liver health. It has antioxidant substances such as silymarin, which has been demonstrated to be beneficial to the liver. Anti-inflammatory characteristics have been attributed to holy thistle leaf, which may contribute to its ability to alleviate inflammation.

In several research endeavours, holy thistle leaf has proven to be effective. For instance, it has shown promise in alleviating the signs and symptoms of inflammatory bowel diseases like Crohn's and ulcerative colitis, according to research. Moreover, it has been found to lower cholesterol, which may help prevent cardiovascular disease.

Horny goat weed

The name makes it rather obvious what this herb does! It is an aphrodisiac which has become popular in Jamaica and many other countries.

Epimedium, or horny goat weed, is a plant that has been used for at least two thousand years in traditional Chinese medicine. The fact that sexual behaviour in goats was observed to increase after eating the herb is where the term derives from. Icarins, the main components in horny goat weed, are thought to enhance sexual performance by bringing more blood to the genitalia.

Historically used as an aphrodisiac, horny goat weed has also been investigated for other possible medical uses. It has been the subject of some research, and those findings have brought up the possibility that it possesses anti-inflammatory, neuroprotective, and anti-cancer effects. Twenty studies were reviewed in 2019, and their results suggested that

horny goat weed may have a beneficial effect on bone health, including the prevention of osteoporosis.

Horseradish root 100g

Because of its pungent flavour, it is frequently used as a condiment on meat and seafood. It is similar in taste to wasabi. In fact, due to their shared ancestry, horseradish and wasabi paste share a similar flavour profile.

Horseradish has also been traditional medicine to treat and prevent a wide variety of illnesses such as bronchitis, sinusitis, cough, and the common cold. The strong aroma itself can be used to clear the airways and reduce the risk of respiratory infection.

Horseradish has also been traditional medicine to treat and prevent a wide variety of illnesses such as Research has shown that it contains compounds that have antimicrobial, anti-inflammatory, and dietary supplement potential; they may also limit bacterial growth.

This vegetable's initial home was in southeast Europe, but it has since spread over the world. Both the leaves and the roots of horseradish were used for their therapeutic properties in medieval times.

It is a natural diuretic and is used to treat infections of the respiratory and urinary tracts. This root vegetable's fiery flavour comes from the glucosinolate compounds that also help fight cancer. In fact, it has been noted that Horseradish contains 10 times as many glucosinolates as broccoli! This root vegetable has been shown to increase resistance to cancer in numerous studies, which show it can kill cancer cells in a laboratory environment.

Consuming foods high in antioxidants is an excellent way to limit or prevent free radical damage to your body. Antioxidant phytochemicals can be found in horseradish roots.

These compounds are also antimutagenic. They provide protection for vital body parts against mutagens that can cause irreversible harm. Mutations are the root of all degenerative diseases, including heart disease. One in vitro study found that horseradish extract mitigated the effects of the toxic substance zeocin on DNA.

Horseradish root also has potent antibacterial and antifungal properties.

The immune cells known as phagocytes benefit from horseradish roots as well, allowing them to better digest and eliminate pathogens. It boosts the immune cells' ability to fight off disease and infection by activating phagocytes.

- respiratory conditions

- anti-cancer
- anti-bacterial
- anti-oxidant

Horsetail herb organic 50g

Equisetum arvense, more often known as horsetail, has been utilized for ages due to its therapeutic properties. Traditional cultures in Europe and Asia have relied on this perennial shrub for centuries. Minerals like silica, which is abundant in horsetail plants, are good for your bones, hair, and nails.

The diuretic, anti-inflammatory, and antioxidant characteristics discovered in horsetail herb through scientific study suggest it may have useful medical applications. Urinary tract infections, kidney stones, and edema are just some of the diseases that the plant has been used to treat.

Horsetail herb's high silica concentration has also been demonstrated to boost bone density and lower osteoporosis risk. Silica is also crucial to the development of collagen and other connective tissues. Horsetail has been shown to inhibit osteoclasts and activate osteoblasts in test tube tests. This provides support for its potential utility in treating bone illnesses like osteoporosis, which is characterized by excessively active osteoclasts that lead to bone fragility.

Its ability to aid wound healing when used topically has also garnered a lot of research interest. Several studies have shown that reduces redness and swelling while speeding up the natural healing process in wounds.

The active ingredients in horsetail are being investigated. For example, Equisetonin, one of the active components in the horsetail plant, has been shown to have antibacterial and anti-inflammatory effects in laboratory settings.

Like many healing herbs, horsetail has a wide range of applications and could be taken regularly to boost general wellness levels. It is especially recommended for older people with a risk of developing bone disease.

- Bone health
- osteoporosis

- Kidney health
- Wound healing

Hyssop herb organic

For millennia, people have turned to the versatile herb hyssop (*Hyssopus officinalis*) for both medical and culinary purposes. Though it originated in the Mediterranean, it has since been cultivated all over the world. Hyssop was utilized by the ancient Greeks and Romans to treat breathing and gastrointestinal issues. Hyssop is a cleansing herb mentioned in the Bible.

New studies substantiate the widespread beliefs that hyssop has positive health effects. Inhalant illnesses like the common cold and the flu can be effectively treated with hyssop because of their antibacterial and antiviral qualities. Its anti-inflammatory effects make it a good choice for treating arthritis and other inflammatory diseases. Hyssop's ability to soothe the nervous system also makes it an effective treatment for anxiety and stress problems.

Terpenes, flavonoids, and tannins are the active chemicals in hyssop. The herb's antibacterial and antiviral activities come from terpenes like pinocamphone and isopinocamphone. Anti-inflammatory and antioxidant flavonoids include luteolin and apigenin. The astringent and anti-diarrheal properties of hyssop are the result of tannins. The beneficial effects of hyssop come from a combination of these substances.

Lady's mantle

Alchemilla vulgaris, or "lady's mantle," is a herb with a long history of therapeutic usage. As the name suggests, it is of particular interest to women because of its ability to alleviate menstrual pain and excessive bleeding. The European native has a long history of medical use, particularly for the relief of menstrual pain, gastrointestinal distress, and skin conditions. The topical application of lady's mantle has also been shown to speed up the healing process of wounds and relieve skin irritations.

The benefits for women have been well established by research. The plant has been linked in some research to improved hormonal balance and fewer PMS symptoms. Its apparent ability to regulate hormones has led to it being used to increase fertility in women. Lady's Mantle is believed to be effective in treating infertility since it increases progesterone levels. It works as a uterine tonic to tone the uterus in preparation for pregnancy while also stimulating ovulation.

It also has anti-microbial properties. Several species of bacteria, including E. coli and Staphylococcus aureus, have been demonstrated to be susceptible to the potential antibacterial effects of lady's mantle. Further, there is preliminary evidence that lady's mantle has anti-cancer effects, according to a few studies.

Lady's mantle has been used medicinally for centuries, and recent studies have revealed that it contains various active chemicals that may have positive health effects. Tannin is one such chemical that has been linked to decreased swelling and pain due to its possible anti-inflammatory effects, as well as being one of the reasons this herb reduces menstrual bleeding. Flavonoids, which are found in lady's mantle, are antioxidants that may protect from oxidative stress and inflammation.

Many potential health benefits have been linked to ladies' mantle, according to research. The plant has been linked in some research to improved hormonal balance and fewer PMS symptoms. Several species of bacteria, including E. coli and Staphylococcus aureus, have been demonstrated to be susceptible to the potential antibacterial effects of lady's mantle.

Further, there is preliminary evidence that lady's mantle has anti-cancer effects, according to a few studies.

- Menstrual pain / excessive bleeding
- PMS
- Fertility for women
- Anti-bacterial

Lavender flower organic

Lavender, a member of the mint family, is a lovely flowering plant with a unique calming aroma that has been enjoyed by people all over the world for centuries. It has been used for generations for its healing powers. Native to the Mediterranean. Lavender was used historically to alleviate symptoms of several conditions, including indigestion, sleeplessness, and nervousness. Because of its delightful fragrance, this plant's essential oil finds widespread application in aromatherapy, cosmetics, and fragrances.

The soothing aroma of lavender is well-known. Lavender oil's calming effects on stress, anxiety, and despair have been scientifically confirmed. Inhaling lavender essential oil has been shown to have positive effects on both anxiety and mood. Yet because of its

anti-inflammatory characteristics, lavender is also useful for treating muscle and joint discomfort.

Many chemical substances found in lavender are responsible for the plant's therapeutic effects. Essential oil of lavender is rich in components like linalool and linalyl acetate. Evidence suggests that linalool can reduce inflammation, alleviate pain, and calm anxiety. Sedative and anxiety-reducing effects of linalyl acetate have been observed. Terpinen-4-ol, camphor, and 1,8-cineole are some of the other chemicals present in lavender, and they, too, have antibacterial and antifungal activities.

- Anxiety relief
- Muscle pain
- Anti-bacterial and anti-fungal

Lemon balm

Melissa officinalis, the scientific name for lemon balm, is a perennial herb that grows naturally throughout Europe, West Asia, and North Africa. Both as a medicine and a food, the herb has a long history of human consumption. In addition to its use in teas, essential oils, and dietary supplements, lemon balm is prized for its light, citrusy aroma and flavour.

In the past, lemon balm has been used to help people calm down and stop worrying. The same substance has been used to treat sleeplessness and stomach problems. Even in modern times, lemon balm is used for its calming effects, and it is currently being researched for its possible usefulness in treating cognitive diseases like Alzheimer's disease.

Many bioactive chemicals found in lemon balm are credited with giving the herb its therapeutic effects. In this regard, rosmarinic acid stands out as a chemical that has been demonstrated to have antioxidant and anti-inflammatory effects. Eugenol is another chemical with analgesic and anti-inflammatory properties. The citrus aroma and flavour of lemon balm come from a combination of compounds called terpenes, including citronellal and citral.

In addition to helping with anxiety and insomnia, lemon balm has been demonstrated to have several possible health advantages. In one study, participants with mild to moderate anxiety reported fewer symptoms after consuming lemon balm extract. Insomnia sufferers benefited from lemon balm extract, according to another study. Research into the effects of lemon balm on Alzheimer's disease has also yielded encouraging results.

Lemongrass organic

Cymbopogon citratus, more often known as lemongrass, has a very distinctive lemony flavour and is popular in Chinese and South East Asian cooking. Lemongrass has a rich history of medical usage in Ayurveda and other ancient healing systems, and it is native to the tropical regions of Asia, Africa, and Australia. It has been used to cure numerous conditions, such as fever, coughing, and digestive difficulties, due to its purported anti-inflammatory, antifungal, and antibacterial characteristics.

Now, scientific studies have backed up many of the traditional use of lemongrass. The plant's lemony aroma and flavour come from the essential oil citral, which also gives the plant its many beneficial properties. According to one study, lemongrass oil can kill several germs, including the skin-infecting *Staphylococcus aureus*. Animal models of arthritic pain and inflammation demonstrated that lemongrass extract reduced pain and inflammation.

The possibility of using lemongrass in the treatment of cancer has also been investigated. Citral and geraniol are just two of the plant chemicals that have been demonstrated to have anticancer effects in laboratory and animal models.

Liquorice root

Ancient civilizations in Egypt, Greece, and China all used liquorice root, sometimes known as liquorice root, as a medicinal remedy. It was so prized by the ancient Egyptians that it was found in the tomb of Tutankhamun along with his most treasured possessions. Coughs, sore throats, and gastrointestinal problems are just some of the conditions that the root has traditionally been used to cure.

Liqueur liquorice root contains the active component glycyrrhizin, which has been studied for its potential anti-inflammatory and anti-viral effects. In addition, it may help those who suffer from tummy troubles including acid reflux or stomach ulcers. Liquorice root is rich in flavonoids and other antioxidants, which can aid to defend cells from free radical damage.

Liquorice root has shown promise in treating diabetes and menopausal symptoms in preliminary studies.

It has been shown, in a laboratory environment, to be effective against some of the most deadly viruses and bacterial infections, including HIV and MRSA. Liquorice also has anti-inflammatory properties and has been shown to kill cancer cells.

So it seems the ancient Egyptians were right to prize this herb so highly.

Lung cleanser

Maca powder organic

Maca powder, a food supplement, is made from the dried, powdered root of the Peruvian maca plant. Maca root has been used for its medicinal powers for thousands of years; the Incas were among the first to recognize this. These days, people turn to maca powder as a natural treatment for issues including anaemia, depression, and fatigue.

Maca powder's capacity to promote healthy hormone levels is a major advantage. Maca powder has been demonstrated to help control the production of hormones including estrogen, testosterone, and progesterone, which can increase energy, enhance fertility, and alleviate menopausal symptoms. Maca powder also has antioxidants, flavonoids, and glucosinolates, all of which have been linked to a variety of health advantages in the human body.

The risk of chronic diseases including heart disease and cancer may be lowered by taking maca powder, as shown by recent scientific research. Several studies have shown promise for using maca powder to treat neurodegenerative disorders including Parkinson's and Alzheimer's due to its possible neuroprotective properties.

Mood enhancement and depression relief are two of the many possible benefits of maca powder, which have been the subject of scientific investigation. Maca's potential to influence neurotransmitters including serotonin, dopamine, and norepinephrine, which are involved in regulating mood and emotions, has led to speculation that it may have antidepressant benefits.

Research on Maca's efficacy in alleviating mental health issues including anxiety and depression has yielded some extremely promising findings.

Marigold or calendula organic 30g

The calendula, sometimes called the pot marigold, is one of the earliest flowers to be cultivated. This beautiful golden-orange flower featured heavily in the gardens of fifth-century France; the plant was first described in the third century BC. It also has a history of medicinal use. Inflammation of the skin wound healing and gastrointestinal problems are just some of the diseases that Calendula has been used to treat.

New studies have revealed that Calendula includes several medicinally useful chemicals. An important ingredient in calendula is called carotenoids, and it is responsible for the plant's bright yellow and orange hue. Carotenoids can protect cells from free radical damage because of their antioxidant characteristics. It has been proven that other chemicals in calendula, including flavonoids and saponins, have anti-inflammatory and anti-microbial activities.

Calendula may have a range of useful medical effects, and studies are now being conducted to learn more about them. Calendula has shown promise in treating a range of skin disorders, from eczema to dermatitis. Certain kinds of cancer may respond to treatment with Calendula because of its anti-tumour characteristics. It has also been shown that Calendula can assist strengthen the immune system and promote general health and wellness.

- Skin disorders
- Immune support
- Anti-inflammatory
- Anti-cancer
- Digestive issues

Marshmallow root organic

References to the medical use of marshmallow root (*Althaea officinalis*) can be found in ancient Greek and Egyptian writings. With mucilaginous characteristics, the marshmallow plant's root can be used to calm irritated tissues.

Marshmallow root contains active components like polysaccharides, flavonoids, and phenolic acids, according to studies. Traditional uses of the plant for treating diseases including sore throat, cough, and stomach difficulties may be explained by the presence of these chemicals, which are thought to have anti-inflammatory, antioxidant, and immunomodulatory actions.

Although traditionally used for medicinal purposes, marshmallow root has also found application in cosmetics and skin care products for its emollient and calming benefits on the skin. Extracts from the root are frequently used in natural skin care products due to claims that they assist the skin to retain moisture and strengthen its protective barrier.

- Skin health
- Respiratory health
- Digestions

Matcha powder

Matcha, a special kind of Japanese green tea, has been enjoyed by the country's citizens for centuries. Beginning as a medicinal beverage in China during the Tang dynasty, its origins can be traced all the way back to the present day. Eventually, Buddhist monks transported it to Japan, where they incorporated it into their meditation practices and as a form of alternative medicine. Matcha is made by shading tea plants for a few weeks prior to harvest, which boosts the plant's ability to produce chlorophyll and amino acids. After the leaves are picked, they are dried and then ground into a powder that will be used to brew the tea.

Matcha has been confirmed to have a wide variety of beneficial chemicals, according to scientific studies. Caffeine is one such chemical that has the ability to increase energy and sharpen mental performance. L-theanine, an amino acid found in matcha, has been shown to provide calming and stress-reducing effects. Caffeine and L-theanine work synergistically to promote alertness and concentration without causing the jitters that some people experience when drinking coffee.

Matcha has all the benefits of other green teas, which are many. There has recently been a lot of research in Asia that points to its anti-depressant power.

Research has also revealed that green tea is a powerful antioxidant. This means it can protect our cells from the damage caused by environmental pollutants and toxins in what we eat and drink. It is essential in today's world to boost your level of anti-oxidants, and drinking green tea regularly is a great way to do it.

There have also been many studies that confirm green tea's benefits to the skin. Regular consumption results in younger-looking skin, and reduced skin complaints.

If you regularly consume coffee or black tea, switching to standard green tea or matcha may have a lot of benefits. It has been shown to improve memory, protect the brain from age-related decline, regulate blood sugar and promote cardiovascular health.

It has also been used by many to lose weight since it reduces the appetite and stimulates the metabolism.

Medina

Often employed as an aphrodisiac and male virility enhancer, medina is a renowned Jamaican herb with several medicinal applications. Since medina has been used to increase virility for centuries, it is no surprise that it remains so popular today. The evergreen Medina plant is perfectly at home in the island's warm, humid environment. The plant can be found in a variety of forest types around the island, and its leaves are gathered in a specific sequence to maximize the plant's medicinal effects.

This herb is such a potent virality enhancer for men, that its use sometimes comes with a warning. Too frequent ejaculation can lower sperm count, and the increased stimulation can put a strain on the heart, best to take advice before you use it.

While many people associate Medina with its use as a sexual enhancer, the herb's benefits extend far beyond that. There is a long tradition in Jamaican culture of using medina as a treatment for the common cold and fevers. The herb is also thought to help reduce fatigue and ease back and other types of joint pain. Some people also think that Medina herbal tea can help with hernias.

The herb's anti-inflammatory properties make it useful for treating pain and other symptoms associated with a variety of medical problems. In addition, research indicates that medina contains antibacterial characteristics that make it effective against bacterial and viral illnesses.

Medicinal medina can also help the body's defences by strengthening the immune system. The herb's abundance of antioxidants supports the immune system, which in turn protects

against illness.

Menthol crystal

Natural menthol, present in mint and other plants, has been investigated for its possible use. Studies on menthol have focused on its potential to kill cancer cells, alleviate pain, and interact with particular brain receptors.

It has been discovered that menthol has cytotoxic effects against cancer cells, which is one of its many potential applications. These results suggest that menthol may be useful in the treatment of cancer by killing or damaging cancer cells. Also, menthol's ability to decrease the proliferation of cancerous cells suggests it may be useful in treating or preventing the disease.

The anti-inflammatory and analgesic effects of menthol are well-documented. When administered topically, it can have a soothing cooling effect that aids with pain management. This is because menthol has been shown to produce analgesia via binding to GABA receptors and sodium ion channels in the brain. The analgesic effects of menthol can be attributed to its ability to inhibit the transmission of pain signals to the brain.

One of the many ways menthol crystals can be put to use is as an all-natural pain reliever. To apply them to the skin, for instance, you would first combine them with a carrier oil like coconut or olive oil. You can also use them to manufacture your own pain-relieving ointments and balms.

- Pain relief
- Anti-inflammatory
- Anti-cancer

Milk thistle herb 40g

For hundreds of years, traditional healers have relied on milk thistle to remedy a wide range of conditions. The ancient Greeks and Romans first put it to use to cure ailments of

the gallbladder and liver. It was used to heal snake bites in the Medieval Ages, and it was also used to treat liver disorders in traditional Chinese medicine.

Milk thistle's active components are grouped under the name silymarin, with silybin being the most well-known and studied. Silybin, a flavonoid, has been linked to numerous health advantages, especially for the liver. It helps heal the liver and has other beneficial effects including reducing inflammation and improving immunity. Due to its ability to aid in liver detoxification, protection, and disease prevention, milk thistle is a popular dietary supplement.

Milk thistle has been proven to mitigate liver inflammation and oxidative stress, both of which are associated with liver damage. Non-alcoholic fatty liver disease, cirrhosis, and hepatitis are only some of the liver illnesses that have been proven to benefit from their use in both prevention and treatment (NAFLD). Those taking drugs known to wreak havoc on the liver may also benefit from milk thistle because it can fortify the organ against toxicity.

Milk thistle's high antioxidant concentration has led to additional claims that it can slow the signs of skin ageing. To prevent premature skin ageing, antioxidants shield cells from free radicals. By enhancing insulin resistance and decreasing inflammation, milk thistle may potentially be useful in lowering cholesterol levels and managing diabetes.

Mistletoes plant organic

You may have heard of the Christmas tradition of kissing under the Mistletoe, but did you know it has remarkable healing properties? For centuries, people have turned to it as a remedy for everything from anxiety and nervousness to skin disorders and fevers.

Mistletoe was utilized to treat circulatory disorders because it was thought to be a natural "heart tonic" in alternative medical systems.

In recent years, mistletoe extracts have gained popularity as an alternative treatment for cancer in countries like Germany and a few others in Europe. Mistletoe has been tested in laboratory experiments for its potential effects on cancer treatment. The experiments have shown that mistletoe can stimulate the immune system to fight against cancer cells, it can kill cancer cells directly, and it can also promote cancer cell death (apoptosis). Although, the studies that would lead to mainstream adoption have not been carried out for some reason.

There is preliminary research suggesting that mistletoe can alleviate hypertension and gastrointestinal distress.

As an alternative treatment, mistletoe has shown potential in the treatment of depression, anxiety, and exhaustion, especially in cancer patients. It has been shown to be potentially useful for the treatment of menopause symptoms and for the control of hormone levels in women experiencing menstrual irregularities.

Mistletoe branches can be used as a scrub - or extracts and tinctures can be applied topically. Varicose veins, leg ulcers, and eczema are just some of the skin conditions that it can help alleviate when applied topically. Some people also use it to alleviate joint pain by rubbing it into the skin, believing it has pain-killing effects.

Mistletoe's popularity as a holiday ornament may have originated from its use as a medicinal plant in the past. As a result, the next time you encounter some mistletoe, you might want to pause and think about how good it could be for your health!

Moringa

Moringa is a tree that has been used for centuries by ancient people for its medicinal properties. In recent years, it has gained the reputation of being "Nature's Perfect Supplement" due to its numerous health benefits.

The plant is native to India, but it has spread to other parts of the world, including Africa, Asia, and South America. The plant's leaves, roots, and seeds are all used for medicinal purposes.

One of the most remarkable features of Moringa is that it is a rich source of essential nutrients, containing many times more vitamin C than oranges, more calcium than milk, more iron than spinach, and more potassium than bananas. Additionally, Moringa is a good source of protein, fibre, and healthy fats.

Research has also shown that Moringa has anti-inflammatory and antioxidant properties. Scientists believe that isothiocyanates are the main anti-inflammatory compounds in

Moringa. These compounds have been found to reduce inflammation in the body, which is a contributing factor to many chronic diseases.

Antioxidants are important because they protect the body against damage from free radicals. Moringa is a rich source of vitamin C and beta-carotene, which are powerful antioxidants. Additionally, Moringa contains quercetin and chlorogenic acid, which are also well-known antioxidants.

Research has also shown that Moringa may be beneficial for people with diabetes. The plant has been found to regulate blood sugar levels, which can help prevent complications associated with the disease. Quercetin, one of the antioxidants found in Moringa, is also involved in regulating blood sugar levels.

Moringa has earned the name "The Tree of Life" because of its remarkable ability to sustain the human body. It has even been used to help malnourished children in Africa. The plant's leaves, in particular, are a good source of protein and other essential nutrients.

Moringa seed

Moringa, sometimes known as the "wonder tree," has gained popularity in recent years as its many health benefits have become more well-known. Powdered leaves are the most popular form of use now, but the plant's seeds are effective as well.

Some people find the flavour of Moringa seeds to be harsh. Water will taste sweet if you drink it afterwards, though. It appears that only Moringa seeds have this peculiar quality.

The iron and zinc found in moringa seeds can help keep diabetes at bay. Insulin is a hormone that keeps blood sugar levels stable, and iron plays a key role in its production.

In addition to being high in iron and zinc, moringa seeds are also a great resource for dietary fibre. A high-fibre diet can help maintain a healthy digestive system by promoting regular bowel movements and eliminating constipation.

Moringa seeds also perform admirably regarding the cardiovascular system. The high levels of antioxidants and anti-inflammatory compounds in moringa seeds help lower cholesterol, calm inflammation, and halt the formation of arterial plaque. The seeds of the moringa tree are useful in maintaining healthy glucose levels in the blood. This is due to the presence of ingredients that have been shown to prevent or significantly lessen the effects of food on blood sugar levels.

Numerous people do this using moringa seeds. Soaking the seeds in water and drinking the resultant beverage before bed can improve sleep quality and reduce stress. The high calcium concentration in moringa seeds makes them effective for treating joint pain and promoting stronger bones.

Last but not least, moringa seeds' anti-inflammatory and antioxidant characteristics can aid in preserving a youthful complexion. To delay the ageing process and protect the skin from inflammation and oxidative stress, these substances are invaluable.

Motherwort organic 50g

As a traditional medicine, motherwort has been utilized for centuries across numerous cultures. It was believed to extend life in ancient China. The ancient Greeks were said to use it for heart conditions and anxiety during pregnancy. It was used to treat heart palpitations, ease labour, and stimulate menstruation in Europe in the 17th century.

Motherwort has long been revered for its ability to soothe frazzled nerves and anxious thoughts with its all-natural, herbal treatment. It is possible that the active chemicals in the plant can help with stress management and inducing a state of calm.

It has been studied for its beneficial effects on the cardiovascular system, which include lowering blood pressure and improving circulation. Motherwort has shown promise as a treatment for hypertension, arrhythmia, and other cardiovascular issues.

Motherwort has a long history of usage in traditional medicine to support healthy hormone levels in women, especially throughout menopause. There are components in the herb that have the potential to regulate menstruation and alleviate period pains.

It has also been studied for its potential to aid digestion and soothe digestive complaints like bloating and gas. These digestive advantages may be due to the herb's anti-inflammatory and relaxing properties.

Motherwort is a natural treatment that has been used for centuries to boost the immune system. There is hope that the herb's antioxidant capabilities can strengthen the immune system and provide resistance to oxidative stress.

Mugwort herb 40g

Mugwort has a fascinating history. For over two thousand years, it has been used as part of traditional Chinese medicine to treat everything from diarrhoea to menstruation cramps to malaria. Similarly, mugwort has been utilized in Korean traditional medicine to treat a wide range of symptoms, from arthritic pain to gastrointestinal distress.

Mugwort has been traditionally used to alleviate menopause-related symptoms such as hot flashes, mood swings, and sleep disturbances. Recent studies have suggested that it may be an effective natural remedy.

Traditional uses of mugwort have focused on relieving joint pain, and new research suggests it may have anti-inflammatory and analgesic properties as well.

Mugwort's high level of flavonoids like quercetin and kaempferol is one of the chemical features that may contribute to its analgesic effects on the joints. Having both anti-inflammatory and analgesic properties, these substances may be useful in treating joint discomfort.

Because of its high antioxidant content, for instance, it may assist to prevent cell damage from free radicals. Mugwort's anti-inflammatory characteristics suggest it could be used to treat inflammatory diseases like arthritis and asthma.

Several studies have shown that mugwort can be helpful against certain parasites, and it has also been used as a natural insect repellent

Anxiety and other nervous system diseases may benefit from mugwort because of its sedative qualities.

Mullein flower organic 25g

Mullein is also known as "Aaron's Rod" which gives a clue to its traditional healing story. In the Biblical story, Moses famously held up his rod to heal his people from the plagues of Egypt. But his brother Aaron was said to also have the power to heal. Both the flowers and leaves are useful healers with similar properties. Now, studies back up some of the traditional medicinal properties of this plant.

The analgesic effects of mullein oil make it useful for treating earaches and other painful conditions.

With anti-inflammatory characteristics, the mullein flower is useful in the treatment of illnesses like bursitis and lung infections.

The mullein flower, because of its antibacterial characteristics, can be used to cure a variety of illnesses, including urinary tract infections and skin infections.

Historically, the anti-inflammatory properties of the mullein flower have made it a popular remedy for a variety of respiratory complaints, including bronchitis, dry cough, sore throat, and tonsillitis.

The mullein flower can be used as a substitute for tobacco in cigarettes, although this should be done with caution because of the known risks associated with smoking.

Moreover, mullein tea, which is brewed from the plant's blooms, is a soothing and pleasant beverage.

Mullein leaf 40g

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Mustard yellow seed organic

British cuisine isn't exactly famed for its use of herbs and spices, but mustard at least is popular here in the UK. These powerful-tasting yellow seeds have been believed to have medicinal properties for thousands of years, the earliest records dating to ancient China where they were believed to have a powerful aphrodisiac effect.

Research has discovered many helpful substances in mustard. Vitamin C, vitamin K, thiamin, riboflavin, B6, and folic acid can all be found in mustard seeds. They are rich in dietary fibre and a good resource for many bioactive elements like antioxidants and polyunsaturated fatty acids.

There has also been a lot of research into the power of mustard as a bacteria killer. Sinigrin, found in mustard seeds, is largely responsible for the condiment's distinctively sharp flavour. Mustard seeds produce allyl isothiocyanate, a chemical that is broken down during digestion from the molecule sinigrin (AITC). Antibacterial studies have revealed that AITC is effective against many different types of bacteria.

Sinigrin is also an antioxidant. Nitric oxide (NO) is commonly believed to contribute to the generation of free radicals in the human body, and recent studies have revealed that sinigrin's antioxidant activity can help curb its production. This effect on NO may also explain the anti-cancer properties that mustard seed has shown in preliminary studies.

Mustard seeds also contain Phenolic compounds, which also have an antioxidant effect, reacting with dangerous oxygen molecules and preventing them from damaging our cells. In today's world, where we are constantly bombarded by toxins from our environment and food, consuming antioxidants is very important to stay healthy.

Mustard seeds can even reduce glucose levels in the blood. Blood sugar levels in persons with type 2 diabetes may be lowered by taking mustard seed extracts in addition to their usual treatment, according to research conducted in the Philippines.

- Anti-bacterial
- anti-oxidant
- blood sugar regulation
- anti-cancer

Myrrh

Myrrh comes from the resinous sap of the Commiphora myrrha tree, which grows naturally in the Arabian Peninsula and Northeast Africa. Its history of use dates back to ancient

times, and it has been used for a wide range of tasks, including healing, ceremonial, and beauty.

Today it is mostly used as a form of natural incense, but there are many health benefits.

In Traditional Chinese Medicine (TCM), myrrh is used for its anti-inflammatory and analgesic properties. Many say it helps them feel less pain, recover faster from injuries, and minimize swelling. Abdominal discomfort, menstruation abnormalities, and trauma are just some of the diseases that myrrh is used to treat in traditional Chinese medicine.

Ancient Egyptians held myrrh in high regard because of its efficacy in embalming. It was also put to use in the treatment of wounds, gastrointestinal issues, and respiratory infections, as well as in the creation of perfumes and cosmetics.

Another indication of the high status of myrrh comes from the Christian tradition, the Bible mentions myrrh 152 times. It was used in anointing oils and cleansing rites, and it was one of the gifts the three kings gave to the infant Jesus.

Terpenoids and phenolic compounds, both of which may be found in myrrh, are among the components responsible for the spice's powerful antioxidant capabilities. These chemicals can neutralize free radicals and prevent oxidative stress in cells.

Several studies have indicated that myrrh has anti-cancer effects. Curzerene, curzerenone, and minestrone are some of the substances identified there that have been shown to impede the development and metastasis of cancer cells. Apoptosis (programmed cell death) is another way in which myrrh has been shown to kill cancer cells.

Myrrh has been proven to have antibacterial and antifungal effects, which are both beneficial. *Staphylococcus aureus*, *Candida albicans*, and *Aspergillus niger* are just a few of the bacteria and fungi that it has been shown to be successful against. Antibiotic-resistant bacteria are no match for myrrh oil, which has been shown to kill them.

Myrrh has been demonstrated to be effective against parasites. Leishmaniasis is a disease caused by a parasite that is carried by sandflies, and it is effective against parasitic illnesses.

Myrrh has long been used in alternative medicine to heal skin injuries, irritations, and infections. Anti-inflammatory characteristics have been discovered, making it useful for treating eczema and other skin irritations. Improved skin suppleness and a lessening of fine lines and wrinkles are two additional benefits of myrrh's ability to stimulate collagen formation. In addition to helping with acne and scarring, myrrh oil has anti-inflammatory properties.

1. Potent Antioxidant
2. Anti-Cancer Benefits
3. Antibacterial and Antifungal Benefits
4. Anti-Parasitic
5. Skin Health

Neem leaf 50g

Neem is mostly renowned as an oil, used for hair and is very popular in India. But, the leaf can also be used medicinally for several purposes.

Azadirachta indica, more commonly known as neem, has been used in Ayurveda medicine in India for centuries. The possible health benefits of neem have attracted researchers' attention in recent years. Some of the potential benefits of neem for oral health include:

Neem has been shown to inhibit the growth of bacteria that contribute to plaque formation, thus reducing the risk of cavities. The active compounds in neem, such as nimbidin, have been shown to inhibit the growth of several types of bacteria, including *Streptococcus mutans*, which is a primary cause of tooth decay.

Neem has been used for centuries in India to treat gum disease, and recent studies suggest it may be effective in alleviating the symptoms of gingivitis.

It has been found that the anti-inflammatory and antibacterial properties of neem can aid in the healing of digestive system ulcers.

Neem's ability to help diabetics maintain healthy blood sugar levels has been the subject of extensive research. Several studies have shown that neem leaf extract helps reduce blood sugar by increasing the body's sensitivity to insulin and decreasing its absorption in the digestive tract.

Neem should NOT be used by pregnant women. And it has been used to induce abortions when other methods of contraception failed.

Nettle leaf 40g ***

Not so great if you accidentally touch it, but if you carefully pick nettle leaves - or buy dry leaves - and make a tea, you will get an incredible array of health benefits.

Urtica dioica, or nettle, has been used medicinally for centuries. Painful muscles and joints could be alleviated with nettle, which was also utilized by the ancient Greeks and by aboriginal North Americans for the treatment of eczema, arthritis, gout, and anaemia. Allergies, asthma, UTIs, and an enlarged prostate are just some of the many problems that nettle has been used to treat in traditional medicine.

Here are some broad conclusions drawn from the facts and the mechanisms of action about specific applications of nettle:

Nettle may help alleviate some of the urinary issues associated with benign prostatic hyperplasia (BPH), including the need to urinate more frequently and the sensation that there is something in the way of normal urine. One mechanism of action for nettle is to prevent testosterone from being converted into dihydrotestosterone (DHT), a hormone that contributes to prostate growth.

There is some evidence that nettle can alleviate the pain and inflammation of osteoarthritic joints. Inhibiting the activity of enzymes that contribute to joint inflammation, nettle may function by lowering their levels in the body.

Nettle has a long history of usage in the treatment of hay fever and other forms of seasonal allergic rhinitis. There is evidence that nettle can help alleviate allergy symptoms like sneezing, itching, and congestion. It has been hypothesized that nettle relieves allergy symptoms by preventing the body from making the chemical histamine.

The stinging action of nettles has long been recognized for its ability to staunch bleeding, most notably from the nose. Potential mechanisms of action for nettle include enhancement of blood coagulation and inhibition of inflammation.

Traditional uses for nettle include the treatment of eczema and other skin irritations. Nettle has been linked in some research to a decrease in eczema-related inflammation and itchiness. One possible mechanism of action for nettle is that it reduces oxidative stress in the skin and slows the release of inflammatory mediators.

Women who use nettle report improvements in symptoms including night sweats, fatigue, anaemia, menstrual flow, cramping, and anaemia. In the third trimester, midwives prescribe Nettle infusions once a month to increase vitamin K and iron stores. The outcomes verify Nettle's efficacy in lowering the likelihood and severity of postpartum haemorrhage. Many nursing mothers have reported increased milk production after starting a daily Nettle infusion. Milk that is rich in calcium and other vitamins and minerals may be produced as a result.

1. Benign Prostatic Hyperplasia (BPH) and Urinary Issues
2. Osteoarthritis and Joint Pain
3. Hay Fever
4. Bleeding
5. Eczema
6. Menstrual relief
7. Relieve night sweats

Nettle root

Nettle Root shares similar properties to the leaf (helpful for prostate and urinary issues,

women's reproductive health, joint pain, bleeding and eczema). But the root is said to be the best for men's prostate issues.

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Nutmeg seed organic

The use of nutmeg goes all the way back to ancient times, and its history is intriguing. The Banda Islands in Indonesia are where it was first discovered, and ever since then, it has been sought after for their culinary and medicinal uses. Some believed that it contained a special spice that warded against evil and was utilized in rituals. As a natural sleep aid, it has been utilized for centuries in traditional Indian Ayurvedic medicine.

Nutmeg's many benefits have been confirmed by scientific research.

Nutmeg's analgesic and anti-inflammatory qualities come from the presence of substances such as myristicin and elemicin. Because of the anti-inflammatory and analgesic properties of these chemicals, nutmeg can be used to treat a variety of painful illnesses, including arthritis, muscle discomfort, and menstrual cramps.

Improves Brain Function and Protects Against Degenerative Brain Diseases Like Alzheimer's and Parkinson's Nutmeg contains chemicals that can assist to improve brain function and protect against neurodegenerative diseases like Alzheimer's and Parkinson's. Many also believe it can help with focus and recall.

Being a natural sedative, nutmeg is frequently recommended as a treatment for sleeplessness. It has been hypothesized that, by lowering anxiety and promoting relaxation, it can enhance sleep quality.

Nutmeg supports digestive health by stimulating digestive enzyme synthesis and calming gastrointestinal inflammation. It's commonly used as an all-natural treatment for digestive issues like bloating, gas, and constipation.

Heart health is enhanced since nutmeg has been shown to reduce blood pressure and the likelihood of developing heart disease. This is because of its beneficial effects on blood flow, inflammation, and cholesterol.

1. Relieves Pain and Inflammation
2. Boosts Brain Health
3. Supports Better Sleep
4. Promotes Digestion
5. Improves Heart Health

Olive leaf organic 30g

Olive leaves have been used as a natural remedy for many centuries, with references to their use in ancient Egyptian medicine. In fact, the ancient Egyptians had such respect for the olive leaf that it was seen as a symbol of divine power.

A large number of the purported health benefits of olive leaf extract have been verified by recent scientific studies.

Antihypertensive properties, or the ability to lower blood pressure, have been observed in studies with olive leaves. This is possible because of its potential to boost nitric oxide production and cause blood vessels to widen.

Disease Risk Olive leaf extract may help promote cardiovascular health by doing just that. It may also help lower cholesterol and prevent blood clots.

Olive leaf has been demonstrated to lower blood sugar levels and increase insulin sensitivity in those with type 2 diabetes. By decreasing inflammation and oxidative stress, it may also aid in preventing the onset of diabetes.

Olive leaf includes chemicals that, in laboratory experiments, have shown to have anticancer characteristics, suggesting that it may reduce the risk of cancer. These chemicals have shown promise in inhibiting cancer cell growth and metastasis and in promoting cell death.

Olive leaf extract may have neuroprotective properties and enhance mental performance. Neurotrophic factors, which aid in the development and survival of brain cells, are increased in response to this, and inflammation in the brain is decreased.

Olive leaf's anti-inflammatory properties suggest it may be useful in treating arthritis by alleviating associated symptoms, including pain and swelling.

1. Lowers Blood Pressure
2. Improves Cardiovascular Health
3. Fights against Diabetes
4. May Reduce the Risk of Cancer
5. Improves Brain Function
6. Treats Arthritis

Oregano leaf, organic 50g

Much more than just a pizza topping, oregano has been used medicinally for centuries and can be traced back to ancient Egypt. For thousands of years, it has been relied on by traditional healers to alleviate symptoms due to bacterial infections, including nausea, coughing, and fever. Recent studies have confirmed that it is potentially very beneficial for the body

Oregano has many chemicals with antioxidant effects, such as limonene, thymol, carvacrol, and terpinene. Oregano has some of the strongest antioxidant activity of any plant or spice, as measured by its oxygen radical absorbance capacity (ORAC). Oregano contains a variety of antioxidants, some of the most powerful being thymol and carvacrol, which have been demonstrated to scavenge free radicals and protect cells and tissues from oxidative damage.

Oregano has potent antibacterial capabilities, particularly against Salmonella and E. coli, two common food-borne infections. Most of the time, thymol and carvacrol are the primary chemicals responsible for the antibacterial effects. Bacterial cell membranes are compromised and eventually destroyed by these chemicals. In some circumstances, people have substituted oregano oil for conventional antibiotics because of its natural effectiveness. As anti-biotic drugs become increasingly ineffective, research into alternatives is growing.

Oregano's anti-inflammatory characteristics may make it useful in treating inflammatory illnesses like arthritis and asthma by alleviating their symptoms. Thymol and rosmarinic acid are the primary anti-inflammatory components of oregano. By inhibiting the generation of cytokines and enzymes that promote inflammation, these chemicals alleviate the pain and swelling associated with these diseases.

It has been discovered that carvacrol, one of the active components in oregano, has antiviral effects and can be used to treat viral infections. Replication of several different viruses, including herpes simplex virus, respiratory syncytial virus, and norovirus, has been found to be suppressed by this compound. In order to prevent viral infection, carvacrol destroys the viral envelope. It's possible that oregano can help cure viral infections.

1. Antioxidant

2. Antibacterial

3. Anti Inflammation

4. Fights Viruses

Passionflower herb 30g

Passionflower (*Passiflora incarnata*) is a flowering plant native to the Americas, which has been used for centuries as a natural remedy for a variety of ailments. The plant is known for its beautiful, ornamental flowers, which have inspired its common name, "passionflower."

The use of passionflower for medicinal purposes dates back to the Aztecs, who used it to treat anxiety and insomnia. In the 16th century, Spanish missionaries introduced passionflower to Europe, where it was used to treat a variety of ailments, including nervousness, epilepsy, and hysteria.

Passionflower has several potential health benefits, including reducing anxiety and improving sleep quality. It is believed to work by increasing levels of a neurotransmitter

called GABA, which helps to regulate mood and relaxation. Passionflower may also have mild sedative effects, which may help to promote sleep.

There is some evidence to support the use of passionflower for anxiety and insomnia. A review of six studies with a total of 577 people found that passionflower was just as good at reducing anxiety symptoms as prescription drugs. Another review of nine studies found that passionflower was effective in reducing anxiety symptoms in people with generalized anxiety disorder.

Passionflower has also been looked at for its possible benefits in other areas, like reducing hot flashes in women going through menopause and easing the pain of fibromyalgia. But more research is needed to fully understand how passionflower might help in these areas.

In short, passionflower is a plant that has been used for a long time as a natural treatment for insomnia and anxiety. It has been shown to help reduce anxiety symptoms and make sleep better, but more research is needed to fully understand all of its possible benefits.

Pau d'arco organic

This is a canopy tree that grows up to 30 feet tall in the Amazon Rainforest. Sometimes known as “The Tree of Strength”, the wood was used by native people to make bows. They also used the bark extensively for medicinal purposes, especially as a cancer treatment that was adopted by Western herbalists in the 20th century. Although there were many stories about it being a miracle cure for cancer, the studies that could have led to mainstream adoption were never carried out. But scientists today have found it to have some remarkable properties.

The bark is prized for its potent medicinal compounds which can eliminate many sorts of microorganisms, including fungi, viruses, and parasites. They've also shown effectiveness at reducing inflammation, making them a viable option for people with health issues like preventing cancer from spreading from one organ to another (metastasis).

Traditional uses for Pau d'arco included pain relief, and some research suggests it may be useful for managing the pain associated with cancer. It is thought to function by preventing the transmission of pain signals and decreasing inflammation.

Pau d'arco's antifungal characteristics suggest it could be useful in the battle against yeast infections like candida. According to some research, its active chemicals have shown promise in the past as possible growth and reproduction inhibitors for fungi.

Many chemicals in the pau d'arco, like those that turn on the Nrf2 pathway in the gut, have been found to reduce inflammation. Several chronic diseases are associated with inflammation; thus, pau d'arco's anti-inflammatory properties could offer protection.

Based on its antibacterial properties, pau d'arco may be useful against several bacteria, such as those that cause respiratory and urinary tract infections. The active ingredients seem to penetrate bacterial cell walls or stop them from duplicating.

The bark varies enormously in quality depending on where you get it. It has to come from the right subspecies of the tree and not include any dead work. Whoever is picking it really has to know what they are doing! Ours comes from a trusted supplier, so we know it has a high concentration of active ingredients.

Peppermint

Since ancient times, people have turned to mints like peppermint for their curative properties. Mint was widely utilized as a medicinal herb in ancient Egypt, Greece, and Rome. In Europe, people first heard about the health benefits of peppermint oil in the 18th century, especially for stomach problems and colds. Since as early as the nineteenth century, peppermint has been prescribed by American herbalists for a variety of gastrointestinal complaints, including motion sickness, indigestion, and flatulence. Because it kills bacteria and freshens breath, peppermint oil is a popular ingredient in toothpaste and mouthwash today, and western herbalists still use it to treat digestive problems.

Peppermint oil's efficacy in treating the symptoms of digestive disorders like irritable bowel syndrome has been the subject of substantial study. Peppermint oil was found to be more helpful than a placebo in lowering IBS symptoms such as stomach pain, bloating, and gas, according to a 2015 comprehensive analysis of clinical trials published in the journal *Digestive and Liver Disease*. Peppermint oil's primary constituent, menthol, and its derivatives can help relax the muscles of the digestive tract and ease pain by acting as antispasmodics.

Peppermint is a well-known decongestant when it comes to congestion from a cold or sinus infection (mucus). The menthol in peppermint works as a mild numbing agent, which makes it good for soothing a sore throat or cough. The fumes from peppermint oil can also be inhaled to help clear the nasal passages and make it easier to breathe. Peppermint oil and eucalyptus oil are a powerful duo for relieving the symptoms of a stuffy nose and cough.

There is evidence that peppermint oil can help relieve headache pain, especially tension and migraine headaches. When peppermint oil is diluted and put on the temples and forehead, it can help relieve headache pain and make it go away faster. Peppermint oil may be able to relieve pain because it can improve blood flow by stopping smooth muscle cells in the walls of blood vessels from contracting.

Because of its antibacterial and antifungal characteristics, peppermint oil is frequently used in oral hygiene products like toothpaste and mouthwash. Peppermint oil's active ingredients, menthol, thymol, and eucalyptol, have been shown to be effective against several oral infections, including *Streptococcus mutans*, which is a major cause of tooth decay. Several studies have shown that using peppermint oil in your oral hygiene products can help reduce plaque and gingivitis.

Postoperative pain, neuropathic pain, and menstrual pain—peppermint has been shown to have a strong analgesic impact on all three. Peppermint oil is thought to have analgesic effects because it can change the ion channels in nerve cells. This changes how the body feels pain.

Peppermint leaves can be drunk as tea for digestive, painkilling, and cold-relieving benefits. Or you can even use them to make your mouthwash for oral health.

Psyllium husk, organic

Psyllium husk, a type of fibre found in the seeds of the plantago species, has been used for generations as an all-natural treatment for digestive issues like constipation. Recent studies of psyllium husk's purported health advantages have found the following benefits:

Psyllium husk is a natural laxative that may aid with constipation and encourage regular bowel movements for digestive health. It encourages bowel movements by increasing stools caused by irritable bowel syndrome (IBS).

Psyllium husk might have prebiotic properties, which means it helps healthy flora grow and work in the digestive tract. This may have a beneficial effect on immunological function and general digestive health. We are learning more and more about how important our microflora is. The billions of organisms that live inside each one of us are vital to digestion, immunity, brain function, and more. It is a very exciting research area that has been overlooked until quite recently.

Psyllium husk has been shown to help lower cholesterol levels, so it may be good for heart health. It lowers cholesterol absorption by binding to bile acids in the colon and causing them to be flushed out of the body. As a result, your LDL cholesterol (the "bad" cholesterol) levels may go down along with your risk of heart disease.

Psyllium husk may aid in weight reduction and maintenance. It works by expanding in the presence of water in the digestive tract to form a gel-like substance, delaying hunger signals, and slowing the digestion process.

Psyllium husk may benefit people with diabetes by facilitating better glucose regulation. The mechanism of action is a reduction in the rate at which carbohydrates are absorbed into the bloodstream. Psyllium husk may also increase insulin sensitivity and lessen the likelihood of diabetes-related problems.

1. Laxative / Digestive Health
2. Prebiotic
3. Heart Health
4. Weight management
5. Diabetes

Raspberry leaf organic

Everybody has heard of raspberries, but did you know the leaves of the tree have some remarkable medicinal properties? Historically, they were used to facilitate labour, birth, and lactation. This is why it is sometimes known as "The Women's Herb". It remains a popular tonic for pregnant women, and many of its benefits are now backed up by research.

Vitamin C, iron, calcium, and magnesium are just a few of the vitamins and minerals that can be found in abundance in raspberry leaf. Antioxidants, including ellagic acid and quercetin, are also present which can help defend the body from free radical damage.

Raspberry leaf has been shown to be beneficial for women's reproductive health. It's commonly used to treat PMS and premenstrual syndrome symptoms like bloating, mood swings, and irritability (PMS). There has been some research to suggest that symptoms brought on by hormonal imbalances can be alleviated with the help of raspberry leaf.

Pregnancy: Raspberry leaf is commonly suggested for pregnant women. Researchers have shown that raspberry leaf has a toning effect on the uterus, suggesting it can facilitate labour and delivery. There are also some data suggesting that raspberry leaf can shorten the duration of labour, lessen the need for interventions during delivery, and minimize the

risk of complications, including premature birth and preeclampsia.

1. PMS

2. Pregnancy women, thanks to its hormone-balancing properties.

Many people who use it report an instant boost in their vitality, libido, and general well-being, it is also believed to keep the skin looking young.

To alleviate menopause symptoms, many women turn to red clover. Isoflavones are plant-based compounds that induce estrogen-like actions in the body, and recent scientific studies have demonstrated that red clover contains these molecules. Many symptoms of menopause, including hot flashes, cardiovascular problems, and osteoporosis, may be treatable with isoflavones. Red clover has also been shown to mitigate menopausal hair loss or hair loss caused by hormonal imbalances in women.

Red clover's high mineral content, particularly calcium and magnesium, makes it an excellent choice for supporting bone health. Some research suggests that consuming red clover may help increase bone density and lessen the likelihood of developing osteoporosis.

There is some evidence that it can improve heart health. Possible benefits include a decrease in cholesterol, increased blood flow, and a lessened likelihood of heart disease.

Red clover's high antioxidant content means it helps shield skin from free radical damage and slow the ageing process, making it ideal for treating eczema. It lessens the visibility of fine lines and wrinkles, and it has been attributed to anti-ageing qualities. Red clover has been linked by some research to a reduction in eczema symptoms.

Red clover also aids respiratory health. By thinning the mucus and smoothing an inflamed respiratory tract, red clover facilitates mucus evacuation from the lungs. Asthma and bronchitis sufferers may find relief from their symptoms, including coughing. It was traditionally used as a remedy for whooping cough.

Beneficial effects on men's health are also attributed to red clover. It has the potential to alleviate the discomfort caused by an enlarged prostate and lessen the likelihood of further growth.

This herb has a huge number of medical applications and appears to work with the body's hormonal systems in complex ways that we do not fully understand. With all the benefits, it is no surprise that it remains a popular tonic - especially for older women.

1. Menopause
2. Skin and hair health
3. Respiratory health
4. Bone health

5. Prostate issues

Red sea salt

The red sea is considered sacred to many and is so packed with minerals that bathing in it is considered to have many health benefits. Natural salt extracted from the red sea as lower sodium levels than standard salt is alkalizing and is packed with minerals.

Red sea salt has plenty of calcium, magnesium, potassium, and iron. The body needs certain minerals to function properly, and they may aid in promoting strong bones, muscles, and nerves.

Some research suggests that red sea salt can aid in maintaining a healthy pH level in the body, which in turn can improve overall health and lessen the likelihood of developing certain diseases. It is alkalizing, so popular with adherents to the alkaline diet. It has less sodium than common table salt thanks to it being rich in so many other ingredients.

This salt is believed to be detoxifying and promote digestion.

Rhodiola root

Need something to keep you focused and strong in challenging situations? This ancient Root may be the answer.

Medical usage of Rhodiola is popular today in Russia, Scandinavia and Eastern Europe. It is generally used to increase energy levels and boost both physical and mental performance. It has a long history of use and was said to have been first harvested by the Vikings.

In recent years, it has gained a lot of research attention with some very interesting findings.

Athletic performance: Rhodiola is believed to improve physical performance by increasing the body's oxygen-carrying capacity and reducing fatigue. It may also help to improve endurance and recovery time. It is believed to work by increasing the body's production of adenosine triphosphate (ATP), a molecule that provides energy to the cells.

Rhodiola is believed to help regulate cortisol levels, a hormone that is released in response to stress. It may help to reduce the body's stress response and improve overall resilience to stress.

Rhodiola has also been shown to have mood-boosting properties and may be effective in treating depression and anxiety. It is believed to work by increasing the levels of neurotransmitters, such as serotonin and dopamine, in the brain.

Many people report an instant boost in energy, focus and mood when taking Rhodiola. Some people consider it a natural nootropic (focus-enhancing substance). It is used by some as a pre-workout supplement and others to help them focus on work or studies. We welcome more research, especially in the area of mental health, which is becoming a huge issue in the modern world.

1. Anti-depressant
2. Anti-depressant
3. Focus enhancer
4. Reduce fatigue

Rose petal flower

There is no flower more iconic than the Rose. It has inspired more art, music, and poetry than any other flower - it has inspired lovers, philosophers, and ancient mystical orders alike. The Rose is a symbol of divinity, rebirth, love, and the infinite. It is no surprise that such an esteemed flower also has medicinal benefits.

Rose petals have been used medicinally for centuries, to boost mood and libido, purify the blood, and fight infections. Recently, there has been a lot of research that confirms their benefits.

Rose petals, long thought to have mood-enhancing effects, may also alleviate stress and anxiety. Even the aroma can promote a positive mood, rose essential oil is commonly used in aromatherapy for this reason.

As for the respiratory system, rose petals are thought to contain anti-inflammatory qualities that can help reduce inflammation in the respiratory tract and enhance breathing.

Rose petals have anti-inflammatory and muscle-relaxing properties that may help alleviate menstrual cramps. The mood-boosting effect of Rose has also been used to help women experiencing PMS (either drunk as a tea or the essential oil for aromatherapy).

The anti-inflammatory and antibacterial characteristics of rose petals are thought to be beneficial to skin health. It's possible that they can boost collagen production and enhance skin quality as well.

Rose petals have anti-inflammatory properties and may increase the synthesis of digestive enzymes, both of which contribute to better digestion.

Rose petals, which some believe to have immune-enhancing characteristics, may provide some protection against illness by bolstering the body's defences. The benefits to the immune system are thought to be because rose petals are packed with vitamin C and other useful compounds.

The anti-inflammatory and pro-blood-flow effects of rose petals may be beneficial to cardiovascular health. They may also be useful in reducing the risk of heart disease and lowering blood pressure.

1. anti-anxiety
2. antidepressant
3. PMS, menstrual problems
4. immune boosting

Rosemary

Rosemary today is mostly known as a cooking ingredient. But it has a long history as a sacred healing herb, in fact, burning Rosemary was one of the earliest forms of natural incense used for spiritual purification. Its medicinal use dates back to the ancient Greeks and Romans, and it is still used today by those in the know.

Scientific research has recently revealed some incredibly interesting things about Rosemary, particularly its ability to protect us from EMF radiation.

Indeed, rosemary is one of the most potent medicinal plants in the world. It has been used therapeutically for quite some time. Science is just confirming the benefits of rosemary, as it has with many other ancient medicines. Interestingly, this sacred plant also has the power to shield us from electromagnetic fields (EMFs).

Rosemary's anti-oxidant and cell-protective effects are extraordinary. As a result, the use of rosemary in traditional medicine dates back millennia. Its historical applications include those of a painkiller, an energizer, a sleep aid, and a spasm reliever.

Rosemary is most frequently consumed in the form of tea, but it can also be used in a tincture, poultice, ointment, steam inhalation, aromatherapy, and more. Recent studies have revealed that rosemary has multiple clinical applications. This includes enhancement of psychological well-being (Rosemary has shown potential as a natural anti-depressant), facilitation of the immune system, alleviation of nerve pain, and assistance with chronic

neurological diseases. Researchers have discovered that rosemary has several useful biological effects, including those that are antibacterial, anti-inflammatory, anti-oxidant, anti-apoptotic, anti-tumorigenic, and neuroprotective.

Rosemary appears to have many neurological benefits, including mental state, cognition, memory, pain, anxiety, and sleep. If the herb can treat the most complicated component of our bodies, it's easy to see why it was held in high regard. Since nerve pain is so difficult to cure and many prescription medications are highly addictive, the research showing its effect on nerve pain is fascinating.

The long-term effects of electromagnetic field (EMF) exposure are the subject of intensive study. Because of the ubiquitous nature of cell phones, it is currently at an all-time high and continues to rise at an exponential rate. To counteract these impacts, scientists are investigating potential countermeasures. Rosemary is a possible remedy, as it has been shown in studies to lessen the negative effects of EMF exposure both before and after it occurs. Damage to the parotid glands, for instance, has been linked to exposure to electromagnetic fields (which produce saliva to help with chewing and swallowing). Many investigations, both on humans and animals, have found that rosemary can shield these glands from the harmful effects of electromagnetic fields.

Electromagnetic fields seem to cause harm to the organism through increasing oxidative stress (the same process by which pollution, alcohol, pesticides and so on damage our DNA). Rosemary has anti-oxidant properties that protect against this kind of harm. Researchers found that "Research reveals that the ethanolic extract of rosemary has many beneficial effects that can be compelling in supporting individuals living with EMF ecological contamination."

-Antidepressant

- EMF Protection

- Nerve pain

Rue herb organic 50g

Rue has a long history of medical usage and has been employed by a wide variety of cultures. Rue was utilized by the ancient Egyptians, Greeks, and Romans to treat a wide range of illnesses. The herb was widely utilized as a treatment for a variety of conditions,

including digestive problems, headaches, and menstrual cramps, due to the widespread acceptance of its protecting and healing powers.

Rue was commonly employed as a charm throughout the Middle Ages to ward off the plague and protect against evil spirits. Herbalists also employed it to cure a wide variety of ailments, such as coughs, toothaches, and even eye infections.

Today, scientists have shed light on why Rue was considered such a powerful healing herb.

Rue has anti-inflammatory and pain-blocking properties, which may make it an effective analgesic. It may help to regulate menstrual periods and alleviate the associated pain and discomfort.

Rue may aid digestion and lessen gastrointestinal symptoms due to its purported ability to stimulate the digestive system.

Rue is thought to have expectorant characteristics, which may aid in the promotion of mucus ejection from the respiratory tract and an improvement in breathing.

It is also an insect repellent, a skin soother, and a natural treatment for mood disorders like anxiety and depression.

Rue can be toxic, so care needs to be taken with the dosage. You are welcome to come in for a free consultation to see if Rue is right for you.

Sage

Sage is famous in spiritual communities for its role as a natural incense. Burning sage has long been believed to have a purifying effect, and many people believe it can remove negative energy from a room or building.

There is evidence that sage was used as a medicine as far back as ancient times. Sage was utilized by the ancient Greeks and Romans for anything from stomachaches to snake bites due to the widespread belief that it possessed miraculous curative powers. Actually, "salvage," from which "salva" is derived, means "to save" or "to heal." Hence, the Latin name for sage is "Salvia."

Sage was utilized as a medicine throughout the Middle Ages and the Renaissance because of the widespread belief that it could treat a wide range of illnesses. For common ailments like a sore throat, cough, or fever, it was a go-to home cure. Sage was also employed in religious and spiritual ceremonies due to its perceived mystic and spiritual qualities in several cultures.

Sage has been demonstrated to enhance levels of specific neurotransmitters in the brain, which may explain why it improves cognitive function and memory.

Sage's ability to lower hormone levels may explain how it alleviates menopause symptoms like hot flashes and night sweats.

Inflammation in the body can be detrimental to disorders like arthritis, but sage has anti-inflammatory properties that may help alleviate this problem.

Traditional uses of sage include supporting digestive health and alleviating gastrointestinal distress.

Rosmarinic acid, carnosic acid, and ursolic acid are only a few of the active components in sage that are thought to be responsible for its health benefits. Evidence suggests that these chemicals provide health benefits for the body, including antioxidant and anti-inflammatory activities.

Sage may also be helpful as a natural cure for anxiety and sadness, in addition to its potential advantages for sore throat and cough. Sage has been used historically as a home treatment for illnesses due to the possibility that it possesses antibacterial qualities.

Sarsaparilla root

Plant life has bestowed upon us a precious gift in the form of sarsaparilla, a vine that clings to the trees in the tropical rain forests of the Caribbean and South and Central America. Although many ancient societies make use of sarsaparilla, it is most commonly linked with the Caribbean, where devoted grandmothers still insist that their grandchildren drink the tea (made from the roots of the plant). The recommendation of your grandma to take Sarsaparilla is sound, as it has many positive effects on health.

This herb has immense healing potential, so obviously, the ancients knew what they were talking about. It has been demonstrated through scientific research to be effective against cancer, inflammation, and germs.

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We are just beginning to learn why this plant is so healthy for the human body. Its high content of Saponins, which lower cholesterol and improve immunity, is a good indicator. Finding the "active" elements of an item can help us learn more about it, but it's important to keep in mind that therapeutic plants found in nature have hundreds of ingredients all working in harmony. It is important to consider the traditional and historical use of a plant because current science sometimes overlooks this.

Historically, sarsaparilla was thought to as a means of purifying blood. It has been proved by current science to have compounds that preserve the liver (the organ that is responsible for removing toxins from our blood). There is evidence that sarsaparilla can also boost kidney health (the kidney is also an organ that filters the blood). This is only one way in which contemporary scientific research is corroborating old wisdom.

Customers should buy it because of all the reasons we list. Arthritis and other joint problems can be alleviated thanks to its anti-inflammatory qualities. It is effective in combating bacteria, making it a go-to remedy for a variety of diseases, including the common cold. Customers with eczema and other skin conditions have also noticed improvement. We also recommend our blood-cleansing tea for anyone who is detoxing, but Sarsaparilla's preventive effects on the kidneys and liver make it a particularly attractive option. Some individuals, especially in the Caribbean, use it on a regular basis to maintain good health. As it appears to have cancer-fighting properties, it's a smart move in a world where cancer is on the rise due to our exposure to chemicals.

The Jamaican and Mexican Sarsaparilla we carry is of the highest quality and is grown organically (both areas where it has been traditionally grown and used).

Sarsaparilla root jamaican

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Saw palmetto berry prganic 100g

The saw palmetto palm is endemic to the southeastern United States. Native Americans have long made use of this plant, particularly the berries, which were believed to treat a number of ailments. The plant gets its name from the fan-shaped leaves and saw-like edges of the leaf stems.

Saw palmetto has a long history of usage in folk medicine for anything from urinary tract infections to male and female reproductive disorders and even respiratory illnesses. Saw

palmetto is a popular natural therapy these days for many different health issues, including:

Saw palmetto has been demonstrated to alleviate symptoms of benign prostatic hyperplasia (BPH), including the need to urinate frequently, weak urine flow, and trouble emptying the bladder.

There is also research to suggest it helps with hair loss. Saw palmetto may benefit males with androgenetic alopecia, a form of hair loss caused by genetics and hormone imbalances, as indicated by studies.

It can also be used to clear up the skin. Saw palmetto's anti-inflammatory properties suggest it may help reduce acne-causing inflammation and oil production.

Fatty acids and phytosterols are among the active chemicals in saw palmetto that may be responsible for the herb's purported health benefits. Dihydrotestosterone (DHT) is a hormone linked to disorders like benign prostatic hyperplasia (BPH) and hair loss, and these substances may operate by blocking its production.

Saw palmetto may also help with stress and anxiety reduction, sexual performance, and lowering the risk of prostate cancer.

Sea salt

A lot of people say that sea salt is better for you than conventional table salt because of all the minerals it contains and how little sodium it has.

Secondly, sea salt is an excellent source of minerals like magnesium, potassium, calcium, and iron, all of which are necessary for good health. These minerals help with a wide variety of biological processes, from ensuring healthy neuron and muscle function to controlling blood pressure and fluid balance to promoting strong bones.

On the other hand, conventional table salt is often highly processed, which can remove many of these vital minerals. Moreover, many brands of table salt have additives like anti-caking agents that may not be good for you.

Second, the sodium level of sea salt is often smaller than that of table salt. Both table salt and sea salt are high in sodium, and excessive sodium intake has been associated with an increased risk of hypertension, cardiovascular disease, and cerebrovascular events. It is

possible to minimize one's sodium intake by using sea salt instead of table salt while yet enjoying the same delicious flavour.

Senna leaf

The senna leaf has been used traditionally as a laxative. The name comes from the Arabic word for "thorny bush," which is "sena." The ancient Egyptians were only one of many civilizations to benefit from Senna; they utilized it as a cure for constipation. Ancient Greek medicine also employed it for the treatment of skin conditions and snakebites. Senna was utilized to treat stomach and bowel problems in Indian Ayurvedic medicine.

Senna's anthraquinones are the active molecules that help the body eliminate waste by contracting the intestines. Due to its laxative effects, senna is frequently included in over-the-counter medicines for the treatment of constipation. Senna's anti-inflammatory, weight loss, and blood sugar-regulating properties have also been investigated.

Senna leaf may also be helpful for treating skin diseases including acne and dermatitis, as well as enhancing liver function.

The laxative effect of senna leaf may be greater than that of senna pods. This is due to the higher concentration of sennosides, the active substances responsible for stimulating intestinal muscle contraction and facilitating the passage of faeces, found in the leaves. In addition to being more effective than senna pods, senna leaf can typically induce a bowel movement within 6-12 hours.

Senna pod

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If you have a sensitive stomach, you may find that senna pods are a better option than senna leaves. This is because the medicinal components in senna pods are released more gradually than in senna leaves, reducing the likelihood of cramping, diarrhoea, and other adverse effects. On the other hand, senna pods may take longer to work and may be less effective than senna leaves in stimulating bowel activity (up to 24 hours in some cases).

Senna may also be helpful for treating skin diseases including acne and dermatitis, as well as enhancing liver function.

Shatavari root 100g

Shatavari root, also called *Asparagus racemosus*, has been used for centuries in India for its medicinal purposes and is considered a vital herb in Ayurveda treatment. It has traditionally been used as a tonic for female reproductive health, hence the term "woman who has a hundred husbands." It has a long history of use as a remedy for a wide range of medical conditions.

The potential effects of shatavari root, which have been the subject of scientific investigation, include, but are not limited to:

Shatavari is rich in phytoestrogens, which are plant-based substances that have estrogen-like actions in the body and are therefore beneficial for women's reproductive health. It is believed that these chemicals aid in hormone regulation and promote reproductive health in women. In addition to easing menopausal symptoms, shatavari has been shown to regulate menstrual cycles.

Benefits to digestion include gastroprotective properties, suggesting shatavari may help soothe irritated or inflamed intestines. Potential benefits for gastrointestinal motility and IBS symptoms have also been investigated (IBS).

Shatavari has been found to contain polysaccharides, which have been linked to immune-enhancing properties. These chemicals have the potential to strengthen the immune system, making it better able to fight off infections and other diseases.

Protection from oxidative stress and free radical damage is provided by the antioxidants found in abundance in shatavari. Ascorbic acid (vitamin C), gallic acid, and quercetin are just a few of the antioxidant chemicals discovered in shatavari.

Shatavari root has been studied for its possible role as a natural anti-inflammatory agent, as well as for its capacity to support good skin, lower anxiety and tension, and boost energy and vitality.

- 1) Regulates hormones in women
- 2) Digestion and IBS treatment
- 3) Immune enhancing
- 4) Anti-oxidant

Shatavari root powder

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- 6) Digestion and IBS treatment
- 7) Immune enhancing
- 8) Anti-oxidant

Shitake mushroom

For thousands of years, the medicinal properties of shiitake mushrooms have been recognized and revered in traditional Chinese medicine. It is thought that they were first utilized in China as a medical meal to improve health and extend life expectancy. In Japanese, "shii" refers to the name of a tree species and "take" refers to mushrooms, hence the name "shiitake."

Shiitake mushrooms are beneficial to health since they are nutrient-dense and contain a wide variety of bioactive substances. There are many advantages to eating shiitake mushrooms.

Beta-glucans, complex carbohydrates found in shiitake mushrooms, are known to stimulate white blood cell activity and increase antibody synthesis, so bolstering the immune system.

It has been proven that eritadenine and beta-glucans, two active chemicals in shiitake mushrooms, can assist maintain heart health by lowering cholesterol levels and increasing blood flow.

Shiitake mushrooms have been found to have anti-cancer benefits due to the polysaccharides and other substances they contain. These effects include triggering the immune system to attack cancer cells and preventing the proliferation of cancer cells.

Protecting against memory loss and Alzheimer's disease may be possible thanks to a chemical found in shiitake mushrooms called ergothioneine.

Shiitake mushrooms may also help with digestion and blood sugar levels in addition to reducing inflammation.

- Immunity
- Heart health
- Anti-cancer
- Anti-aging
- Brain health

Slippery elm bark organic

Ulmus rubra, or slippery elm bark, has been used by native peoples of North America for thousands of years for its therapeutic benefits. The name comes from the slippery nature of its inner bark. This gel has been used to cure a variety of conditions, from a sore throat to a cough to gastrointestinal distress to skin irritation, thanks to its calming and protecting characteristics

Traditionally, slippery elm bark has been used to treat digestive issues such as indigestion, gas, bloating, and constipation. It is hypothesized to operate by lowering inflammation and building a protective layer on the digestive tract lining. Mucilage, tannins, and antioxidants are some of the active chemicals in slippery elm bark.

Sore throats, coughs, and bronchitis are just some of the respiratory disorders that slippery elm bark is thought to help with. This remedy's mucilage content has been shown to calm inflammation and ease irritation in the respiratory system.

In the case of skin irritations including burns, cuts, and rashes, slippery elm bark can be applied topically for relief. The anti-inflammatory qualities of the bark's mucilage may alleviate redness and irritation while keeping the skin supple and hydrated.

Traditional medicine has employed slippery elm bark for the treatment of dental problems like gingivitis and toothaches. The anti-inflammatory and mucilage qualities may help alleviate discomfort and swelling in the gums.

Anti-inflammatory and immune-enhancing properties have also been observed in slippery elm bark, which is another possible advantage.

- Oral Health
- Skin healing
- Respiratory health

- Digestion

Soursop leaves 50g

Graviola, or soursop, is a tropical fruit that can be found in both Central and South America, as well as in some regions of Africa and Southeast Asia. Throughout history, traditional medicine practitioners have made use of the soursop tree's leaves for their curative properties. The Aztecs believed that the healing properties of the fruit and the leaves could cure a variety of ailments.

Tannins and flavonoids, two components of sour sop leaves, are powerful antioxidants that also reduce inflammation, which is a root cause of many chronic diseases

Soursop leaves contain acetogenins, a type of chemical that has been demonstrated to have anti-cancer activities in animal studies. Acetogenins prevent cancer cells from multiplying and hasten their demise.

Researchers have discovered that the hypoglycemic characteristics of sour sop leaves aid to reduce blood sugar levels. This occurs as a result of several bioactive chemicals present, all of which play a role in controlling glucose metabolism.

Compounds like ascorbic acid and beta-carotene found in sour sop leaves have been shown to have beneficial effects on the immune system. These chemicals aid in immune system function and defence against sickness and infection.

The soursop leaf may also help with lung health, skin health, stress reduction, and digestion. The bioactive chemicals found in soursop leaves have been shown to have beneficial impacts on several physiological systems. However, more study is required to verify these advantages and uncover their underlying mechanisms.

- Anti-cancer
- Regulate blood sugar
- immunity
- digestion

Spirulina powder organic

Spirulina is one of the most nutrient-packed substances on the planet. It is like nature created the perfect vitamin and mineral supplement. It is actually an algae - which explains its somewhat unusual taste that some have likened to pond water! But, you get used to it with time and the benefits make up for it.

Records from the 16th Century show that the Aztecs used it as a food source. They called it Tecuitlatl which means the stone's excrement. This may sound a little strange to our modern ears, but basically, it showed that they saw it as a powerful substance from nature. It was also used by African tribes. Only recently has it been discovered to be a superfood, and scientists have been amazed to discover the range of nutrients it contains.

Protein: Spirulina is a high-protein food, with up to 70% protein!

Vitamins: Spirulina is an excellent source of vitamins B1, B2, B3, B6, B9, and E.

Minerals: Iron, calcium, potassium, magnesium, and phosphorus are all found in spirulina.

Antioxidants: including phycocyanin and beta-carotene, which can help protect cells from free radical damage.

Essential fatty acids: including gamma-linolenic acid.

Other nutrients: Spirulina contains trace amounts of other nutrients like chlorella growth factor (CGF), sulfolipids, and glycolipids.

Spirulina is one of nature's most powerful detoxifiers. It's so effective that it was even used to treat children with radiation poisoning following the Chernobyl nuclear meltdown. Introducing it to your diet will not only remove toxins but provide your body with an abundance of nutrients, vitamins and minerals, which is crucial to supporting your body in the detox process.

Spirulina rids the body of EMF radiation, heavy metals, pesticides and other environmental pollutants. Spirulina also contains gamma-linolenic acid, which is also found in breast milk and is a powerful anti-inflammatory. It alkalizes the body, which boosts liver function and the immune system.

St john wort herb organic 50g

Depression is one of the biggest health problems facing us today. And there is increasing awareness that commonly prescribed medications for it are addictive and not particularly effective. So it is no surprise that there is an increased interest in herbal mood boosters, both from the public and the scientific community.

St Johns wort is an ancient Healing herb, which has been used for over 2000 years by various cultures including the ancient Greeks. The herb was believed to have spiritual benefits and was considered protective. The early Christians gave it its present name because the plant blooms around the time when St John was thought to have been born.

This shows that they held the herb in very high esteem.

St. John's Wort is probably the most popular natural treatment for mental issues like depression anxiety, fatigue, loss of appetite, and difficulty sleeping. It is also used to ADHD, obsessive-compulsive disorder, seasonal affective disorder, and menopause symptoms.

St. John's wort contains many active ingredients but research suggests that two of them, hypericin and hyperforin, have the most medical activity. Other compounds, such as the flavonoids rutin, quercetin, and kaempferol, appear to have medicinal properties.

The substances extracted from St Johns Wort are actually used to make many of the drugs that the pharmaceutical industry earns billions of pounds from every year. But we recommend taking herbs in their natural form. In fact, there is research to suggest that St. John's Wort performs just as well as common anti-depressants. For example, a 2017 meta-analysis that included 27 clinical trials and over 3,800 patients found St Johns wort to be as effective as SSRIs (one of the most popular types of anti-depressant).

St. John's wort has been used for PMS symptoms such as depression, chronic fatigue, and hormonal imbalance due to its positive effects on mood. This has been confirmed by scientific studies which have also shown it to improve mood during menopause. This research has led some to suggest that St John's wort has a hormone-balancing effect in women.

St. John's wort kills a variety of bacteria and can also aid in the fight against inflammation, which is at the root of many diseases. When applied topically, it relieves symptoms of minor wounds, burns and skin irritations. It has long been used as an eczema remedy, as well as a natural treatment for haemorrhoids.

It even has cancer-killing properties. Researchers discovered that St. John's wort inhibits tumour cell growth in skin cancers.

With all these benefits, we can see why this herb was considered holy. It has even been used to help people quit smoking - its mood-enhancing effects seem to help with cravings and underlying issues associated with addiction.

Star anise

The seed pods seem rather magical both due to their forming the shape of a star and the unique aniseed flavour they possess. Most people only know star anise as a cooking spice, but it is also a healing heavyweight (fighting viruses, bacteria, fungal infections and cancer).

This herb is native to China and has been used for over 3,000 years as a medicine and spice. Star anise (*Illicium verum*) is commonly used in TCM (Traditional Chinese Medicine). It has numerous medical benefits and has attracted a lot of research attention to try and explain them. It has a number of beneficial compounds: Linalool, Quercetin, Limonene, Shikimic acid, Anethole and Gallic acid.

These active ingredients may explain some of its health benefits which include preventing DNA damage to the body and a cancer-fighting ability (it has been shown to reduce the size of tumours).

The Shikimic acid extracted from Star Anise is used in all sorts of anti-viral pharmaceutical drugs (including Tamiflu). Although we often believe that herbs are better in their natural form - it just goes to show the healing power of this one.

According to some studies, star anise extract performs just as well as anti-biotics against a variety of drug-resistant pathogenic bacteria. This is very significant since antibiotics are becoming increasingly ineffective and cause a lot of side effects since they kill our beneficial bacteria.

Star Anise is also a potent anti-fungal agent since it contains numerous compounds that inhibit fungal growth. It really is one of the most remarkable herbs and one that we feel deserves a lot more research attention. Right now, it is being closely studied by companies looking for new drugs to sell - but what about taking it in the way nature intended?

- Anti Viral
- Anti-Cancer
- Anti-Bacterial
- Anti-Viral
- Anti-Oxidant

Strong bark

Sumac berry organic 50g

Made from the berries that give it its distinctive dark red colour, Sumac is yet another popular table spice with numerous health benefits. Native to the middle-East, its healing powers have been known for many centuries. For example, we know that it was used medicinally in ancient Greece and Rome due to its antimicrobial and antioxidant properties

which have now been scientifically established.

Sumac contains a number of nutrients (including antioxidants).

It has gained some research attention as a potentially non-addictive and side-effect-free painkiller. Some studies suggest helps lower blood sugar and relieve muscle pain.

It has also attracted significant research interest in the field of diabetes care. It has been shown to improve blood sugar levels and seems to increase insulin sensitivity. Since diabetes is a growing problem, research into safe potential treatments like Sumac is vital.

- Pain Killer
- Diabetes Management

Swedish bitters 100g

Blending bitter-tasting herbs and making them into a tincture or tea is a centuries-old digestive remedy. We sometimes joke that a herb must be good for you if it tastes bad - but there is actually some science behind this in the case of bitters. That bitter taste in your mouth actually triggers a range of beneficial responses throughout your body. When you taste bitterness, your brain sends a nerve signal that activates the vagus nerve, which stimulates your entire digestive system. The stomach, pancreas, liver and intestines are all stimulated. The signal from the bitter taste also facilitates the closure of the valves at the beginning and end of your stomach, which reduces acid reflux. The intestines are encouraged to produce hormones when they detect bitterness, slowing the passage of food through your system, and making you feel fuller for longer.

Bitter plants have been used as medicine by ancient cultures all over the world. They were made from a range of herbs and offered as a cure for almost every ailment in ancient civilizations such as Egypt, Rome, China, Japan, and India. In Europe, bitter herbs have been commonly used to treat digestive issues since at least the 15th century, most notably in Sweden, which is why "Swedish Bitters" are the most well-known variety.

Many health benefits have been reported from Swedish bitters: They improved digestion, they boost the microflora, and reduce stomach cramps, acid reflux and nausea. Bitters also suppress the appetite in over-eaters. They are also thought to support liver health and boost the immune system.

We stock one of the top brands of Swedish bitters that have carefully selected herbs in the correct quantities to maximise the digestive benefits.

- Digestion

- Acid Reflux
- Stomach Cramps
- Nausea
- Appetite Reduction
- Immune boosting

Shu powder

Shu powder capsules

Tongkat ali

Male fertility is on the decline, sperm count and testosterone levels are plummeting. Many men are experiencing a lack of vitality, and libido, and have become separated from their masculine powers. It seems these problems are caused by the physical and mental pollutants we are being bombarded with - but nature offers a solution in the form of this heavyweight healing herb.

Tongkat ali, also known as longjack, is a herbal supplement derived from the roots of the Southeast Asian green shrub tree *Eurycoma longifolia*. In many parts of South-East-Asia, it has been used in traditional medicine to treat infections and increase male libido and alleviate sexual dysfunction.

There are many scientific studies demonstrating Tongkat Ali's ability to increase testosterone levels in men. Its ability to enhance libido and prevent erectile dysfunction has also been demonstrated. This remarkable masculine tonic has also been shown to improve sperm count.

Many men report that Tongkat Ali improves their physical endurance when taken as a pre-workout supplement. It can also be added to coffee to provide an additional energy boost.

The name literally translates as "Ali's Walking Stick" - we will let you use your imagination to uncover the meaning of this.

Turmeric 100g

This spice has a long history of use for treating various conditions and ailments, being heavily featured in Ancient Indian Ayurvedic medicine and Traditional Chinese Medicine. It has been used for over 5,000 years to treat all sorts of ailments.

Science suggests that Tumeric's healing effects are down to its remarkable anti-inflammatory properties. Inflammation is behind many of the most insidious health problems in today's world - diabetes, cancer, arthritis, heart disease and so on.

In spite of thousands of years of historical use and a plethora of scientific studies, Tumeric is still seen by most people as merely a cooking ingredient to enhance flavour. Unfortunately, many of the ancient world's most powerful healing herbs have been reduced to mere ingredients. Worse, they have lost their power as a result of inorganic farming or genetic modification. However, if you can obtain some genuine organic turmeric, it may just save your life!

Turmeric, and particularly its most active compound, curcumin, has numerous scientifically proven health benefits, including the ability to improve heart health and prevent Alzheimer's and cancer. It has anti-inflammatory and antioxidant properties. It may also help with depression and arthritis symptoms. So it is no surprise that this is one of our most recommended herbs.

Much recent research into Tumeric has focused on the anti-cancer properties of its active ingredient curcumin. Because curcumin is an antioxidant, it protects the DNA of cells. It is also anti-inflammatory, which is important because chronic inflammation can cause cancer by causing DNA damage. Curcumin has also been shown in studies to have tumour-suppressing properties.

Uvae 50g ???

For hundreds of years, it has been used as a natural remedy for urinary tract infections (UTIs).

The German Federal Institute for Drugs and Medical Devices has approved uva ursi leaf extracts (*Arctostaphylos uva-ursi*) for use in urinary tract inflammation, and they are even

available on prescription! This herb appears to be capable of fighting inflammation, infections, swelling, and more when taken as a capsule, tincture, or tea.

Valerian root organic 50g

Valerian is an ancient healing herb that has recently garnered a lot of mainstream recognition as a treatment for insomnia (a condition that plagues many of us in today's hectic world full of artificial stimulation). It can be found in pretty much every pharmacy, marketed as a natural sleeping pill - although we recommend using the raw herb and making sure you get a quality organic product.

Valerian has been used medicinally since the time of ancient Greece and Rome. Hippocrates described its therapeutic uses. Traditionally it was used for nervousness, shakiness, headaches, and heart palpitations in the 16th century.

Valerian has attracted a lot of research for its ability to improve sleep, and the evidence suggests it can improve sleep quality without causing side effects.

There have also been a few studies investigating Valerian as an anxiety treatment. According to some studies, valerian acts as a mild sedative and tranquilliser. Other research suggests that valerian root may be beneficial for anxiety.

There is an urgent need to find non-addictive and side-effect-free treatments for anxiety and insomnia, so we welcome any research into Valerian. Many of our customers find it helps them to feel relaxed and to fall asleep faster.

- Insomnia
- Anxiety

Vervain root organic

You may not have heard of Vervain, because this magical herb has long been shrouded in mystery. This holy herb holds many secrets, and studying it may well take you on an esoteric exploration.

Vervain has long been revered by many different cultures and peoples, including the Druids, Persians, Egyptians, Greeks, Romans, and Scandinavian Thor worshippers.

In ancient Egypt, it was revered as a divine herb derived from the tears of the goddess Isis as she wept over the dying Osiris. The Romans and Greeks also considered it to be a sacred herb, so much so that they used it to cleanse temple altars.

Hippocrates, the Greek physician, recommended it as a treatment for severe fever.

Sometimes referred to as the "herb of the cross" since it was said to be applied to Jesus's wounds after he was taken down from the cross. The cross itself is an esoteric symbol that predates Christianity and is associated with transcendence and spiritual rebirth. Does Vervain shine a light on these ancient mystic mysteries?

Well, it is certainly a powerful healing herb with many reviving properties. It has a long history of medicinal use in a variety of systems throughout the body. It has been used in traditional herbal medicine to treat headaches, insomnia, depression, anxiety, kidney stones, gout, jaundice, and other ailments. It has also been used to help nursing mothers improve their lactation and as a treatment for menstrual pain.

Scientific research is confirming that ancient people were right to revere this remarkable herb.

Vervain has been shown by researchers to possess anti-inflammatory properties (internally and externally). This is one of the most useful properties for a herb to have. When you reduce inflammation in the body, you can improve a wide range of common, chronic, and even major health issues. According to a research paper from the international journal *Planta Medica*, all vervain extracts "induce a remarkable anti-inflammatory activity." Furthermore, the extracts demonstrated the ability to reduce gastrointestinal damage.

Vervain is also a healing herb for the heart, attracting some research regarding its potential use for cardio problems.

According to research, *Verbena officinalis* has antibacterial and antimicrobial properties. This is potentially significant as there is a desperate need to find alternatives to antibiotics which are losing their effectiveness in some instances as bacteria build resistance.

Anxiety is one of the most endemic problems in the modern world, and to make matters worse, the drugs used to treat it are often highly addictive. Vervain may offer some hope since it has been found to have a calming effect on the central nervous system. Recently, researchers in Spain discovered that a crude extract of vervain improved seizure responses. It also helped people fall asleep faster, and stay asleep longer. They concluded, "*Verbena officinalis* possess anticonvulsant, anxiolytic and sedative activities, which

provides scientific background for its medicinal application in various neurological ailments, such as epilepsy, anxiety, and insomnia”.

- Anti-inflammatory
- Insomnia
- Anxiety

Violet

We mostly value this flower for its beauty, but it also has incredible healing properties that have been known for thousands of years. It is both associated with the physical heart and the emotional one! Violets captivated the Ancient Greeks, appearing in many of the myths, especially in relation to love and romance. They even wore violet crowns to cure insomnia, promote sleep and serenity, and stimulate pleasant dreams.

This plant's traditional uses were numerous; also known as "hearts-ease," it was said to "comfort and strengthen the heart" and was frequently prescribed for emotional upset. Its most well-known application was as a cough syrup, with early European recipes describing how the blossoms were used to make cough medicine. It was also used as a sedative and laxative.

Violet contains salicylic acid, which is like a natural version of aspirin. It acts as a pain reliever and anti-inflammatory. This can also reduce painful joint inflammation, thus alleviating rheumatic pain. The aspirin-like properties also make this herb useful for managing flu symptoms, it promotes sweating and can reduce fever.

Violent also contains Rutin, which has received a lot of research attention. It has been shown to help with blood circulation as well as to strengthen and increase the flexibility of blood vessels. Rutin has also been shown in studies to help prevent blood clots, lowering the risk of heart attacks and strokes.

Walnut leaves

Often the plants that produce our favourite fruits and nuts have healing properties unbeknownst to most people. The leaf of the walnut has a number of benefits - particularly for the skin.

Since ancient times, walnuts have been revered as a symbol of intelligence because their kernels have a convoluted surface inside the shell that resembles that of the brain!

We know that walnut trees have been revered for thousands of years; they originated in the Himalayas, where the high altitude provided the ideal environment for growth. Pliny, an ancient Greek naturalist and philosopher, said walnut was introduced into Italy from Persia, and Varro, who was born in B.C. 116, mentioned it growing in Italy during his lifetime.

While most ancient sources focus on the walnuts themselves, we know that the leaves were also prized. In Turkish folk medicine, walnut leaves are used to treat fever and rheumatic pain.

The walnut tree's leaves have laxative, astringent, and detergent properties and are used to treat skin problems. They are extremely beneficial in the treatment of scrofulous diseases, herpes, eczema, and ulcers. They are used to treat dandruff, minor burns, sunburn, and scalp itching. The leaves can be steeped in hot water to make an excellent skin and hair treatment. Washing your hair with this magical walnut leaf liquid leaves it feeling great!

Walnut leaves are particularly beneficial in natural healing because they have anti-bacterial and anti-parasitic properties. They can also be used to make tea which is said to aid digestion and kill parasites - we recommend it as part of a detoxification program.

White willow bark organic

The bark of the White Willow tree, which is native to Europe and Central Asia, has been used for over 5,000 years as a powerful pain relief remedy. This bark was used by the Ancient Egyptians to treat pain and inflammation, and Hippocrates and Dioscorides recommended it as a treatment for gout and rheumatic joint diseases.

Salicin, a chemical similar to aspirin, is found in the bark of white willow (acetylsalicylic acid). Salicin is thought to be responsible for the herb's pain-relieving and anti-inflammatory effects when combined with the herb's powerful anti-inflammatory plant compounds (called flavonoids). So it is nature's painkiller. In a study of 200 people suffering from lower back pain, those given White Willow bark experienced a significant reduction in

pain when compared to those given a placebo. Furthermore, people who received higher doses experienced greater pain relief.

it is commonly used for all sorts of pain, such as arthritis to menstrual issues. In both of these examples, the anti-inflammatory effect combines with the pain-killing to provide effective relief.

Since Salicin is similar to aspirin, many believe that White Willow may be beneficial for heart health (in the same way that taking small daily doses of aspirin is).

White Willow can also be used externally. It contains powerful antioxidant compounds that have been shown to have a very positive effect on the skin. It increases blood flow to the skin, nourishing it and helping to reduce the appearance of wrinkles and age spots.

Wormwood herb organic 50g

Wormwood is famously used in the notorious alcoholic drink, absinthe - and is said to possess hallucinogenic qualities. But taken as a tea, you will not experience any strange mind-states, just incredible healing benefits.

Wormwood has been used as a medicinal and culinary herb for thousands of years. The Egyptian Ebers Papyrus, a medical document dated around 1550 BC that contains transcriptions of documents dating back centuries, contains the earliest written record of its use.

Wormwood is used to get rid of worms in the digestive system, particularly pinworms and roundworms. It is frequently suggested as a component of a parasite cleanse for just this reason. According to an animal study from 2018 that was published in the Journal of Helminthology, wormwood causes worm paralysis and death.

Wormwood is also anti-viral, it is an essential component for the herbal medication artemisinin, which is marketed as the most potent anti-malarial available. Recent research has demonstrated that artemisinin is efficient against the parasite that causes malaria because it combines with the organism's abundant iron to create free radicals. The malaria parasite's cell walls are then destroyed by free radicals.

Additionally, scientific studies demonstrate that an extract of Wormwood can even kill cancer cells. Recent research suggests that artemisinin can kill parasites that cause malaria like how it destroys iron-rich breast cancer cells, making it a possible natural cancer treatment alternative for breast cancer patients.

Wormwood tea can be used to treat indigestion, flatulence, stomach aches, jaundice, anorexia, sleeplessness, anaemia, and loss of appetite.

Yarrow flower organic 30g

This is truly an ancient herb that has been used in medicine and food for thousands of years. In Iraq, 60,000-year-old Neanderthal burial caves contain fossilized yarrow pollen. There are many mentions of Yarrow throughout history. For example, according to Greek legend, Achilles' mother doused him in yarrow tea as soon as he was born while holding him by the ankle. The only area that the yarrow bath had missed when he passed away as the Trojan War's champion was an ankle wound. This gave rise to the Greek name "Achillea millefolium" for yarrow. Yarrow also has a long history in ancient China, where 64 Yarrow stick bundles have been used for millennia to decipher the I Ching's hexagrams. The Native Americans used it for all sorts of things: reducing pain, relieving fever, and aiding restful sleep.

Yarrow's magical application is related to controlling the energetic flow in the body since it appears to help with the physical flow of the body's most vital substance, blood. Yarrow has a long history of use as an emergency medicine in battles, earning it the names "Herbal Militaris" and "Soldier's Woundwort." Yarrow was utilized to treat pain, inflammation, infections, and spasms in addition to its unrivalled capacity to stop blood flow. Before the advent of antibiotics, it was commonly used to aid in the healing of wounds and prevent infections.

Modern science has confirmed the wound-healing properties of this ancient root. According to studies, yarrow leaf extract and ointment may speed up the healing process.

Some studies suggest that yarrow tea may help with digestive issues such as IBS and ulcers.

It has also been researched in relation to depression. Studies show that the hormone corticosterone, which is elevated during prolonged stress, is secreted less when plant-based alkaloids, such as those in yarrow tea, are consumed.

We are learning more about this herb in relation to brain health, yarrow may lessen the symptoms of some brain diseases like epilepsy, Parkinson's, Alzheimer's, and multiple sclerosis.

Yellow dock root organic

Yellow Dock is a plant with a long history and was even listed in Pliny the Elder's "Herba Britannica" (AD 23). Dioscorides, a Greek physician and pharmacologist who wrote the renowned "De Materia Medica," suggested the different Docks as pot plants that would relieve itching and clear up affected skin.

Traditionally, Yellow dock root has most commonly been used as a blood purifier and general detoxifier, particularly for the liver. The herb (Latin name: Rumex Crispus) aids in detoxification in a number of ways. First of all, yellow dock root promotes the formation of bile, which aids in the digestion of foods, particularly fats.

Yellow dock root has a laxative effect, and this can help get rid of leftover waste in your digestive system. It also makes you urinate more frequently to help get rid of toxins. To avoid the problems associated with toxin buildup in the liver, gallbladder, and circulation, it is important to maintain an effective rate of waste removal.

Many diseases, including cancer, are caused by DNA being damaged by unstable oxygen molecules which result from various pollutants. Anti-oxidants protect against this damage by reacting with and neutralising the dangerous molecules. Yellow dock root has been proven to be an anti-oxidant. The Department of Chemistry at Jamia Hamdard in India conducted a study that revealed yellow dock root has strong antioxidant activity. This activity helps to scavenge free radicals and prevent oxidative damage, which can affect liver tissue, among other tissues.

In some countries, there is a huge interest in the research of traditional medicine since modern drugs are expensive and can have serious side effects. Yellow dock root has been shown to be a herbal powerhouse by Ethiopia's Aklilu Lemma Institute of Pathobiology. They carried out a study to gauge the "healing potentials" or fidelity level of therapeutic herbs. One of the top-scoring plants was yellow dock root. We agree, and it is one of our most-recommended detoxing herbs.

Yoni steam

Jar for sea moss

Yohimbe

Red sea moss packed

Gold Sea Moss packed

Also called as Irish Moss, this plant is actually an algae and not a moss. It grows all over the world and has historically been utilized in Ireland for a number of different therapeutic uses. In the Caribbean, it is frequently used, and in the UK, it may be obtained in shops that sell Caribbean goods.

Sea Moss was heavily promoted by Dr. Sebi. In his late 70s, he enjoyed falling to his knees on concrete to show off the durability of his bones. He attributed his ability to do this to Sea Moss' incredible mineral concentration (it contains potassium, calcium and iodine).

"Drink it as much as you want, all day every day if you want to because the more you drink the better it is... it does everything" Dr Sebi on Sea Moss

Sea moss has a lot of advantages. It contains a lot of iodine and other nutrients that support the thyroid gland's operation. Since a shortage of iodine is a common cause of thyroid difficulties, we always advise our customers to take Sea Moss when we feel they may be experiencing thyroid problems. Since it contains potassium chloride, which dissolves mucus, it can also aid with colds and more severe respiratory issues. We advise it for those with the flu because it also has antiviral effects.

In our opinion, it is a better multi-mineral and vitamin supplement than anything you can buy in a health food store because it is derived from nature. It also has vitamin C, B vitamins, and amino acids like taurine in addition to a whopping 92 essential minerals. It is excellent for strengthening the immune system, and its high fibre content might help with digestion.

We always recommend sea moss to clients who are low on energy because it provides a great boost. Many of our clients have reported that it has relieved their arthritic symptoms, we believe that this is because it contains minerals vital to joint-health and has an anti-inflammatory effect.

We discovered that a lot of the sea moss sold commercially is of poor quality. The mass-produced sea moss sold by many retailers typically has thin strands and a drab color. Our experience is that mass-produced products have a reduced concentration of nutrients. Poor-quality sea moss can be difficult to clean due to the thin strands. We offer sea moss of the *Eucheuma* species, which is light in colour and has thick, spaghetti-like threads. It produces a very thick gel and has an exceptionally high mineral content.

arjuna bark powder * done

Arjuna is named after one of the most notable heroes in Indian mythology, renowned for his courage and strength. This just goes to show how highly respected the herb was in the Ayurvedic tradition, it explains its association with the heart, which is seen as the seat of courage. The bark of the Arjuna tree was used to strengthen the heart, boost energy and promote digestion. It was also used for wounds: promoting healing and reducing infection.

The ancient Indians were right to hold this herb in such high esteem as a heart-healer. It contains flavonoids and tannins like arjunolic acid and ajurnic acid which are anti-oxidants that also modulate cholesterol. This can help reduce heart disease. The bark also contains triterpenoids and glycosides which widen blood vessels, lowering blood pressure and reducing the heart's load.

The wound-healing properties can be explained in part by the anti-inflammatory compounds found in Arjuna bark. It is also packed with antimicrobial agents such as ellagic acid which give it the ability to kill bacteria and fungi, thus preventing infection.

There have been many fascinating scientific studies with Arjuna that show it may have promise in managing diabetes, improving bone health, and combating cancer.

Arjuna is an Ayurvedic herb known for heart health and digestion.

Its bark is rich in flavonoids and tannins, aiding in cholesterol management and heart disease reduction.

It possesses anti-inflammatory and antimicrobial properties, promoting wound healing.

Studies suggest potential roles in managing diabetes, improving bone health, and combating cancer.

Arrow Root * done

Arrowroot, a starchy tuber native to South America, is a nutritional powerhouse. This was understood by ancient people, the name itself deriving from “aru-aru” which means “meal of meals” in the language of the Caribbean Arawak people. It was traditionally used as a popular food ingredient, particularly for children and the elderly thanks to it being so easy to digest. It was also used topically to treat wounds and irritated skin.

Modern research has revealed why Arrowroot was considered such a valuable source of nutrition: it is packed with B vitamins and minerals like potassium and magnesium. It is full of starch which means it provides plenty of energy but has a low glycemic score which means the energy is steadily released in a way that avoids spiking blood sugar levels. It is gluten-free, which makes it a popular choice now that awareness of gluten allergies and intolerance is spreading.

Our bodies contain billions of microflora (so-called healthy bacteria) which play a vital role in many of our bodily systems (everything from digestion to immunity, to brain function). Arrowroot is prebiotic, which means it supports the microflora - another reason why this nutrient-packed plant is great for our overall health.

Its skin healing properties may be explained by its protein compounds and b vitamins, which can reduce inflammation and speed up healing.

Arrowroot is a nutritious, easily digested tuber, traditionally used in cooking and skin healing.

It's rich in B vitamins, potassium, magnesium, and offers low glycemic energy.

It's gluten-free, prebiotic, supporting gut health, immunity, and brain function.

Its proteins and B vitamins promote reduced inflammation and faster wound healing.

Artichoke * Done

Artichokes, native to the Mediterranean region, are considered a delicacy the world over, but not many people know they also have medicinal properties. The ancient Greeks and Romans consumed them for their digestive and liver health benefits, and to freshen their breath.

Research has uncovered some of the digestive properties of artichokes. It contains cynarin, a powerful antioxidant that aids in the digestion and absorption of nutrients. This, and other compounds, explain why artichokes are beneficial for reducing bloating and alleviating indigestion.

Today, many people suffer from a diet that does not contain sufficient fibre to promote healthy digestion. Artichokes are packed with fibre with results in smoother digestion and also promotes a feeling of fullness that can prevent overeating. Artichokes are packed with polyphenols, powerful antioxidants that protect our cells from damage caused by various pollutants and toxins (which are responsible for many of today's chronic diseases).

The liver-promoting effect of artichokes has also been verified by science. Its leaves contain silymarin, which has been shown to support liver health by promoting cell regeneration and reducing inflammation.

Artichokes are full of potassium but low in sodium, this is great for individuals with high blood pressure. High levels of potassium make it easier for blood vessels to relax (vasodilation) which reduces blood pressure. Sodium can increase blood pressure by causing water retention. So ideally, a high-to-low ratio is recommended when it comes to potassium and sodium - with artichokes having the perfect balance.

As well as potassium, artichokes contain all sorts of vitamins and minerals, including folate which is essential for DNA synthesis and repair, and vitamin K which is crucial for bone health.

Artichokes are known for their digestive and liver health benefits, thanks to antioxidants like cynarin.

They're high in fiber, promoting digestion and satiety, and their polyphenols protect cells from damage.

With high potassium and low sodium, they support blood pressure management.

They contain essential vitamins, including folate for DNA repair, and vitamin K for bone health.

Bee pollen * Done

Bees are among the most fascinating creatures on planet earth, they play a vital role in preserving the ecosystem by transporting pollen between plants, helping them to reproduce. They have incredible communication abilities and a level of organisation that puts us humans to shame!

Bees have also helped humans to survive and thrive thanks to the incredible healing properties of the substances they create: honey, royal jelly, and pollen. Bees collect and mix pollen with nectar and their saliva which is full of enzymes which break down the pollen's cell walls, enhancing its bioavailability. This results in "bee pollen", a nutrient-dense substance with proteins, vitamins, minerals, and antioxidants, that are easy for the body to absorb and use.

Many cultures (including the ancient Egyptians, Greeks and Chinese) were aware of the medicinal properties of bee pollen. It was used to boost vitality, aid digestion, alleviate skin problems and promote overall vitality and strength.

Modern research has discovered that bee pollen is incredibly dense in nutrients, including proteins, amino acids, lipids, and a variety of minerals and vitamins. This explains its ability to promote overall health, well-being and energy. In fact, bee pollen has been associated with improved endurance and athletic performance.

It is also packed with antioxidants, including flavonoids and carotenoids. These help protect our cells from damage caused by toxins and pollutants which are the cause of many of today's chronic health problems.

It seems the bees certainly know what they are doing when they create this wonderful substance, it also has the ability to kill bacteria and fungi - with studies showing it may boost the immune system. Yet another property is its ability to reduce inflammation, making it potentially beneficial in warding off a whole host of medical problems.

With all these nutrients, anti-oxidants, and anti-inflammatory compounds, it is no surprise that bee pollen has been found beneficial for many health conditions. Studies have shown promising results in the areas of menopause support and liver health for example.

Bee pollen, produced by bees, is rich in proteins, vitamins, and antioxidants, promoting overall health and energy.

Its antibacterial, antifungal, and anti-inflammatory properties support the immune system and reduce inflammation.

Traditional uses include boosting vitality, aiding digestion, and alleviating skin issues.

Recent studies suggest its potential benefits in menopause support and liver health.

Bilberry Fruit * Done

This is a lesser-known, but very powerful berry from a medicinal perspective. Native to Northern Europe, these tiny fruits have been enjoyed for centuries thanks to their rich taste and health benefits. Traditionally, they were used to treat digestive and circulatory issues.

Scientific research has revealed that bilberries are rich in anthocyanins, a powerful antioxidant which can neutralise harmful free radicals (unstable oxygen molecules found in various toxins and pollutants). Consuming a diet rich in antioxidants is one of the best way to reduce your chances of developing chronic diseases such as heart disease and cancer.

It isn't just carrots that can help you see in the dark, the anthocyanins in billberries have been shown to improve vision. They appear to fortify blood vessles in the eyes, facilitating the delivery of oxygen and vital nutrients to the eye tissue.

Consuming bilberries is also a great way to add fibre to your diet (which is often lacking in the modern world). Dietary fibre can improve digestive health: ensuring regular bowel movements and creating an environment where our vital gut microflora can thrive. Consuming fibre makes people feel full, and this can help individuals who are trying to lose weight.

Bilberries have also been studied in relation to heart health. Anthocyanins can reduce cholesterol and reduce inflammation. LDL (sometimes known as bad cholesterol) becomes more dangerous if it is oxidised. The antioxidant properties of bilberry can prevent this - another potential benefit for the heart.

The fruit's high potassium levels can help to maintain healthy blood pressure as it plays a vital role in relaxing blood vessel walls and countering the effects of sodium. The modern diet can be very high in salt, and one of the ways to counter this is by consuming foods that are high in potassium.

Billberry can also give you radiant and younger-looking skin thanks to its antioxidant and anti-inflammatory properties.

Bilberries, native to Northern Europe, are rich in anthocyanins, potent antioxidants that can reduce chronic disease risks.

These anthocyanins have been shown to improve vision by fortifying blood vessels in the eyes.

High in dietary fiber, bilberries support digestive health, promote satiety, and contribute to weight management.

They benefit heart health by reducing cholesterol and inflammation, while high potassium levels help maintain healthy blood pressure.

black cohosh * Done

The roots of this tree have been used for thousands of years. Native Americans used black cohosh to treat various issues, particularly relating to women's reproductive health.

Its apparent ability to balance female hormones means it has gained a lot of research attention. It contains compounds that have similar effects on the body as estrogen. This means that black cohosh may help o alleviate hot flashes, night sweats, and sleep disturbances experienced during menopause. Some women experience a loss in bone density after menopause. The estrogen-like effect of the compounds in black cohosh may explain why it seems to improve bone density.

It has also shown some promise in alleviating the symptoms of PMS including mood swings, cramps and hot flashes. It was traditionally used in pregnancy, to induce a late birth or reduce pain - but there have not been any modern studies on this - please seek a consultation if you are pregnant and are considering any herbs or supplements.

The two primary causes of many of the world's most insidious chronic health complaints are inflammation and oxidative stress. Like many of the world's most potent healing herbs, black cohosh contains both anti-inflammatory and antioxidant compounds making it a potentially valuable supplement for regular consumption.

Black Cohosh, traditionally used by Native Americans, is particularly beneficial for women's reproductive health.

It contains compounds with estrogen-like effects, potentially alleviating menopause symptoms like hot flashes, night sweats, and supporting bone density.

It shows promise in reducing symptoms of PMS including mood swings and cramps.

The herb is known for its anti-inflammatory and antioxidant properties, offering potential health benefits against chronic diseases.

Catnip Flower Leaf ** Done

If you have cats, it can be hilarious to see how they react to this herb, it seems to act as a stimulant and perhaps even a hallucinogen - with cats often rolling around, chasing imaginary mice or displaying other strange types of behaviour. They seem to enjoy it, because a cat will rub their face in the catnip to maximise the effects. Although only 2 out of 3 cats are genetically predisposed to the narcotic effects of this strange herb.

Not everybody knows that catnip is also enjoyed by humans, although the effects are not so dramatic. It was used as a traditional medicine for anxiety, insomnia, and digestive issues.

Its sedative effects may be explained by the compound nepetalactone which appears to have a calming effect on the central nervous system in humans - interestingly it is the same compound that causes cats to act so strangely. So it seems we are wired very differently than our feline friends. In fact, essential oils that are good for us can be fatal to cats, so please be careful before enacting your love of holistic medicine on your pets!.

There are a number of compounds in catnip that may explain why it helps with digestive issues like bloating, indigestion and wind. It is full of flavonoids, terpenes and tannins which are all known to relax the muscles of the gastrointestinal tract.

Like many of the most potent healing herbs, catnip contains anti-inflammatory and antioxidant substances. Chronic inflammation and the damage from rouge oxygen

molecules from pollutants and toxins are responsible for most of the chronic health problems that plague mankind today - so it is always good to consume substances with anti-inflammatory and antioxidant properties.

Catnip is also often used as a natural, non-toxic insect repellent thanks to the presence of nepetalactone.

Catnip has been traditionally used in herbal medicine for anxiety, insomnia, and digestive issues.

It contains the compound nepetalactone, which has a calming effect on the human nervous system.

With flavonoids, terpenes, and tannins, catnip relaxes the muscles of the gastrointestinal tract, supporting digestion.

Its anti-inflammatory and antioxidant properties contribute to overall health and wellbeing.

Clay Green ***

The practice of eating dirt may sound like the least healthy thing a person could do, but it is so common in some countries that it has a name - geophagy. In Cameroon for example, it is a common practice, especially among pregnant women. The US state of Georgia is famous for its white dirt, which is officially sold as a novelty item but really people eat it!

So why are people eating dirt? Well, it is actually clay they are eating - and it is packed with nutrients. Ancient cultures including the Native Americans used clay for all sorts of purifying and cleansing purposes, internally and externally. It was used to treat skin problems, aid the healing of wounds, and consumed to promote digestion and heal stomach issues.

Clay has become a popular ingredient in many cosmetics thanks to its ability to soothe and regenerate the skin. Green clay (also known as French green clay or Illite, is a form of clay with a particularly high concentration of minerals and vitamins. It is considered a bio-mineral since it is composed of both decomposed plant materials and trace minerals such as calcium, aluminium, magnesium, silica, phosphorous, copper and zinc.

Green clay's skin-rejuvenating properties have been investigated by scientific research, which has discovered that silica plays a key role. Silica - used by the body to produce collagen - promotes skin elasticity and the regeneration of cells. Copper, also found in green clay, also aids collagen production. Calcium and magnesium can be found in many skin products because they are used by the body to repair the skin - which must be constantly regenerated. Skin is, after all, the barrier between ourselves and the outside world, so it must be constantly repaired from damage caused by pollutants and toxins.

Green clay also kills bacteria, which explains why it is helpful for acne and other skin infections.

Many people take clay internally as a natural mineral/vitamin supplement. Clay was used in Chinese and Indian medicine as a treatment for poisoning, parasites, and digestive problems. Today people have reported that it has successfully treated stomach ulcers, parasites, and many other issues - but there is limited research about its internal use. Still, eating dirt may not be as bad as it sounds!

Green clay, rich in minerals and vitamins, is known for its skin-rejuvenating properties. Silica found in it promotes skin elasticity and cell regeneration.

It contains copper, calcium, and magnesium, beneficial for skin repair and collagen production.

Known for its antibacterial properties, green clay can be helpful in treating acne and skin infections.

Taken internally, it has been traditionally used to treat poisoning, parasites, and digestive issues, and is considered a natural mineral/vitamin supplement.

comfrey leaf * Done

You may not have heard of Comfrey leaf, but it is an incredibly powerful healing herb with a history dating back many centuries. It is native to Europe and parts of Asia where it was traditionally used to treat sprains, wounds, and even fractures (earning it the nickname "knitbone").

Scientists have been trying to discover why Comfrey leaf is so powerful when it comes to healing injuries. The answer may lie in a compound called allantoin. This compound stimulates cell proliferation, a process that allows new cells to grow, thereby replacing the dead or damaged cells in a bruise, fracture, or sprain. Allantoin also plays a role in the extracellular matrix, a complex network of proteins and carbohydrates that support tissue repair and regeneration.

Many of the most common chronic health complaints today are caused by excessive inflammation and oxidative stress (damage to our cells caused by pollutants and toxins). Comfrey leaves contain rosmarinic acid which is a potent antioxidant AND anti-inflammatory. The anti-inflammatory property may explain why Comfrey has been successful in relieving pain in conditions like arthritis and gout.

Comfrey's ability to soothe skin is partly due to its mucilage content, making it potentially useful for conditions like eczema and psoriasis. It also has astringent properties which can tighten skin, giving it a younger appearance.

Comfrey leaf, known as "knitbone," contains allantoin that stimulates cell proliferation, assisting in the healing of injuries like sprains and fractures.

It contains rosmarinic acid, a potent antioxidant and anti-inflammatory compound, helpful in alleviating pain from arthritis and gout.

Its mucilage content soothes skin, making it beneficial for conditions like eczema and psoriasis.

Comfrey also has astringent properties, which can tighten the skin for a youthful appearance.

Corn Silk * Done

If you are cooking fresh corn, don't throw away the husk - it contains a powerful healing substance that has been used for thousands of years. The thread-like strands that connect the husk to the corn have been used medicinally by many ancient cultures, including Native Americans, Chinese and Indians (where it features in their traditional healing system, Ayurveda).

Corn silk has been used to treat all sorts of conditions, including urinary tract infections, kidney stones, and heart disease.

Research has shown that corn silk is packed with powerful antioxidants, including flavonoids, polyphenols, and terpenoids. Many of today's chronic health problems are caused by cellular damage from various toxins and pollutants. Unstable oxygen molecules (known as free radicals) can wreak havoc with or cells on a genetic level. Antioxidants react with and neutralise these molecules - so it is important to include them in your diet. Corn silk provides a great way to do so.

Corn silk is a diuretic, it can help the body eliminate excess water and salt. This is potentially beneficial for issues like urinary tract infections and kidney stones.

Corn silk can also regulate blood sugar - and it has been investigated in diabetes care. It has a very high fibre content, which slows down the absorption of sugar, and it is packed with magnesium which is essential for insulin function.

Corn silk is also high in potassium which explains why it has been shown to be beneficial for heart health. Potassium can counteract the effects of sodium, and relax blood vessel walls, thus reducing blood pressure and the strain on the heart. The anti-inflammatory and antioxidant properties of corn silk also mean it is great for protecting the heart (inflammation and oxidative stress are common causes of heart disease).

Corn is one of the most popular crops in the world, but few people know about the power of corn silk - it is a powerful healing herb and a great way to top up your fibre levels.

Corn silk is rich in antioxidants, neutralizing harmful free radicals.

It acts as a diuretic, beneficial for urinary tract infections and kidney stones.

It helps regulate blood sugar levels, with its high fiber content and magnesium.

High in potassium, it supports heart health by reducing blood pressure and inflammation.

eleutherococcus root (Siberian Ginseng) * done

Siberian Ginseng has been used for hundreds of years in traditional medicine - particularly in Russia and China where it grows in the wild. It should not be confused with Korean Ginseng since it is a totally different plant, although it does share some of the same benefits. It was traditionally used to boost vitality, stamina, and longevity.

Siberian Ginseng belongs to the class of adaptogens, which are probably the most fascinating of all herbal medicines due to their apparent ability to adapt and rebalance the body when going through challenging situations (physical, mental, or environmental). If you are going through a stressful situation, intense physical labour, or detoxing from certain foods/substances, Siberian Ginseng can help the body return to a more balanced state.

Siberian Ginseng is great for boosting energy and reducing fatigue. This has been attributed to its ability to increase oxygen uptake in cells, increasing stamina and physical performance. So it is a popular choice for athletes.

It has also been shown to improve immune function. It contains polysaccharides, compounds which stimulate the activity of white blood cells and other components of the immune system.

Siberian Ginseng is also a great source of antioxidants which protect the body against damaging free radicals produced by pollutants and toxins. This means it can potentially lower the risk of chronic conditions like heart disease and cancer.

It has also been investigated for its neuroprotective effects - it boosts memory and cognitive function.

This is really a powerhouse of a herb. It has even shown promise for individuals with diabetes thanks to its ability to regulate blood sugar levels. Adaptogens can be quite remarkable in this respect, reducing blood pressure when it is too high and reducing it when too low - the mechanism is not yet understood but it seems to regulate insulin sensitivity.

Siberian Ginseng, an adaptogen, helps the body rebalance during stress, physical exertion or detoxification.

It boosts energy and reduces fatigue by increasing cellular oxygen uptake, enhancing physical performance.

Its polysaccharides improve immune function and it's rich in antioxidants, protecting against chronic diseases.

It demonstrates neuroprotective effects, aiding memory and cognitive function, and can even regulate blood sugar levels.

horse chestnut * done

These distinctive-looking nuts are traditionally used in the children's game conkers in the UK. Horse chestnuts have an extremely bitter taste and are toxic if consumed (inducing vomiting and diarrhoea). But most people are unaware that the seeds contain many powerful medicinal compounds. So, if they are correctly processed, they can be used to treat a number of ailments.

Horse chestnut was traditionally used in vascular health: treating varicose veins, haemorrhoids and other circulatory conditions.

Modern research has discovered a compound in horse chestnut called aescin which is a potent anti-inflammatory and vasoconstrictive substance. It acts on the circulatory system in a number of ways: sealing leaking capillaries, improving the elasticity of veins, and protecting capillary walls by inhibiting the enzymes that break them down. All of these properties explain why horse chestnuts improve blood flow and thus treat circulatory problems.

Horse chestnut is also a potent antioxidant thanks to the flavonoids and coumarins that it contains. Damage from free radicals, the result of pollutants and toxins, greatly increases the risk of chronic health conditions like heart disease and cancer. Antioxidants can prevent this damage, so it is important to make sure your diet is rich in them.

Horse chestnut has also been studied in relation to cancer treatment. It contains a compound called β -escin which has been shown to induce apoptosis in cancer cells - this is where the cells are genetically programmed to self-destruct.

Horse chestnut is commonly used in skincare products thanks to its astringent properties: it tightens the skin and reduces the appearance of pores, resulting in a more youthful complexion.

Horse chestnut seeds, when correctly processed, aid vascular health, treating varicose veins and other circulatory issues due to a compound called aescin.

It has strong antioxidant properties, thanks to flavonoids and coumarins, which can combat damage from free radicals and lower chronic disease risks.

Its compound, β -escin, shows promise in inducing apoptosis (self-destruction) in cancer cells.

It's used in skincare products for its astringent properties, tightening skin and reducing pore appearance for a more youthful complexion.

kapikachu (velvet bean) * Done

This tropical legume, native to Africa and tropical Asia, has been used for thousands of years, particularly in the ancient Indian system of Ayurveda where it is used as an aphrodisiac and a tonic for the mind and body (promoting energy and well-being).

Modern research has revealed something fascinating about velvet bean, it contains a number of compounds that work with the human brain to improve mood, energy, and wellbeing.

It is packed with L-Dopa, which is the building block the brain uses to make the neurotransmitter dopamine. This is known as the "feel-good" chemical, regulating mood, sleep, and condition. The rich L-Dopa content has led to velvet beans being investigated as a potential treatment for Parkinson's disease (a condition associated with dopamine deficiency).

Velvet bean is also packed with tryptamines which can also be thought of as a food for the brain. Tryptamines are used by the brain to produce serotonin, another neurotransmitter that contributes to feelings of well-being and happiness. In fact, most modern anti-depressants boost serotonin levels, but often with many side effects and withdrawal symptoms when discontinued. With depression and anxiety on the increase, there are many scientists searching for side-effect-free treatments, and with its action on both dopamine and serotonin, velvet bean seems like a very interesting candidate.

Yet another way it boosts the mood is by stimulating hormones that boost and improve sexual function. This is thought to be caused by a high content of centrally-active alkaloids (compounds that are able to cross the blood-brain barrier and have a neurological effect).

With all of these brain-boosting powers, it is no surprise that Velvet Bean is seen as an adaptogen (a herb that can help us through periods of physical or emotional intensity).

While most of the research interest lies in the velvet beans' effects on the brain, it has also been shown to be anti-inflammatory and has the ability to regulate blood sugar levels (making it of potential use for those suffering from diabetes).

Velvet bean, rich in L-Dopa, can regulate mood, sleep, and cognition. It's being researched for Parkinson's treatment.

It also contains tryptamines for serotonin production, potentially useful for managing depression and anxiety.

With centrally-active alkaloids, it stimulates hormones boosting sexual function and aids during stress.

Besides brain benefits, it has anti-inflammatory properties and can regulate blood sugar, beneficial for diabetics.

lung cleanser ** Done

This is our signature blend of herbs to promote respiratory health, we have chosen a number of potent herbs whose ancient healing history is backed up by modern research. Our breath is our most vital energy, if our lungs are not functioning at their full potential, we are likely to feel depleted. If you are suffering from any respiratory issues or just want to improve your general vitality, this tea comes highly recommended. It has a cool and refreshing taste and aroma, and both drinking the tea and inhaling its fragrant vapour is an invigorating experience.

Mullien leaves & Flowers: these have been used in traditional herbal medicine for all sorts of conditions that affect the respiratory tract (including bronchitis and asthma). They have both expectorant and cough-suppressant properties that help to soothe the throat and clear excess mucus.

Nettle Root: Nettle is a potent healing herb, renowned in many cultures. It is a powerful anti-inflammatory which means it soothes the lungs by reducing inflammation and irritation. It has traditionally been used to treat asthma, and research has shown that as well as possessing anti-inflammatory properties, it is an expectorant (clears excess mucus) and antispasmodic agent (it can help prevent the sudden contraction of the airways found in asthma).

Hissop: This is another one of nature's cough medicines thanks to its expectorant and cough suppressant properties. It has been used to treat coughs, colds, and asthma. It is also an anti-bacterial (making it of potential benefit for chest infections) and contains flavonoids with antispasmodic properties.

Echinacea: This herb is famous for boosting the immune system, a property that is backed up by traditional use and modern studies. It has been researched as an alternative medicine for managing respiratory conditions with promising results - its antimicrobial properties make it effective against many types of infection-causing bacteria.

Eucalyptus: One of the most famous herbs when it comes to respiratory health, eucalyptus vapour is commonly used to clear blocked airways. But it also works well as an ingredient in

tea: it contains cineole, a powerful expectorant that can clear phlegm and mucus while soothing irritated sinus passages.

Peppermint: Peppermint contains menthol, which is well known to soothe the respiratory tract, relieve coughing, enable deeper breathing, and soothe sore throats. Peppermint and other varieties of mint have long been used to treat respiratory infections, with research uncovering the presence of anti-inflammatory and antimicrobial compounds.

Funtumia Elastica Bark: This African herb (also known as Shu Powder) is one of our top sellers. It has recently taken the Western world by storm, with many people reporting incredible results in relieving asthma symptoms and encouraging deep, healthy breathing. Research has shown it to possess antimicrobial, antiviral, and anti-inflammatory properties.

Lemongrass: In the ancient Indian healing system, Ayurveda, lemongrass is commonly prescribed for respiratory issues. It is rich in flavanoids and phenolic compounds which act as antioxidant and anti-inflammatory agents. It has a well-established anti-anxiety property and this can help to induce the slower and deeper breathing that is present in calm mindstates.

By combining these remarkable healing herbs in just the right quantities, we have created a powerful lung cleanser. It is great for asthma, allergies, colds, flu & covid symptoms and so on. But many of our customers take it regularly to promote general health and vitality.

Mullein leaves & flowers: Expectorant aid, cough suppressant.

Nettle Root: Anti-inflammatory, expectorant, antispasmodic.

Hissop: Anti-bacterial, expectorant, cough suppressant.

Echinacea: Immune booster, anti-bacterial.

Eucalyptus: Expectorant, sinus soother.

Peppermint: Respiratory soother, deeper breathing enabler.

Funtumia Elastica Bark: Antimicrobial, antiviral, anti-inflammatory.

Lemongrass: Antioxidant, anti-inflammatory, anti-anxiety.

orange peel organic * done

Orange peel is often used to add flavour to desserts, but not many people know that it is also a very powerful natural healer that has been used as a traditional medicine all over the world. It was traditionally used to treat digestive issues such as constipation, improve skin health, and provide relief from respiratory conditions. It was also used to freshen breath and treat mouth ulcers. So we can see it has a lot of different medicinal properties.

Research has helped to explain why orange peel has so many great properties. It is packed with vitamin C, minerals like potassium, pectin, and various flavonoids and volatile oils that have health benefits.

The flavonoids in orange peel have been shown to have both anti-inflammatory and antioxidant properties. When it comes to promoting general health and reducing the risk of chronic disease, it is important to consume foods with both of these properties. With orange peel, you get two-for-one!

Although orange peel may not taste so great, it is packed with dietary fibre, pectin in particular. Many diets are lacking in fibre in the modern world, leading to all sorts of health problems. The fibre in the orange peel can promote digestion, prevent overeating (it makes you feel full) and help to regulate blood sugar levels by slowing the absorption of sugar into the bloodstream.

Orange peel also contains a substance called d-limonene, which has been shown to promote heart health. It lowers cholesterol, reduces inflammation, and supports the cardiovascular system.

Orange peel is used in a variety of skin products since it can promote younger-looking and radiant skin. The high levels of vitamin C and other compounds protect the skin from environmental damage, promote collagen production, and aid in skin repair. It also has an anti-bacterial effect, making it great for acne and other skin infections.

Rich in vitamins and fiber, orange peel aids digestion and regulates blood sugar.

Contains flavonoids for anti-inflammatory and antioxidant benefits.

Its compound, d-limonene, supports heart health by reducing cholesterol.

Enhances skin health, promoting collagen production and fighting skin infections.

papaya leaf * done *

The Papaya tree really is a glorious gift from nature. Not only does it produce delicious and healthy fruit, but its leaves are a powerful medicine that has been used for hundreds of years by various cultures. A bitter-tasting tea made from the leaves was traditionally used to treat fever - dengue in particular. It was also used as a digestive tonic.

Dengue fever is transmitted by mosquitos and can be deadly in some cases. One of the reasons it is so dangerous is that it can lead to a sharp drop in blood platelets (which are essential for blood clotting). In extreme cases, a low platelet count can lead to internal bleeding and death. Papaya leaf can increase platelet count. This property, combined with its anti-viral effect seems to explain why its ability to fight this deadly virus.

Research has uncovered a large number of beneficial bioactive compounds in papaya leaf including flavonoids, alkaloids and phenolic compounds. It also enzymes like papain and chymopapain which break down proteins (in a similar way to the enzymes in our stomachs). This explains its use in promoting digestion. These enzymes are also potent anti-inflammatories. With so many chronic diseases like arthritis and asthma being caused by excessive inflammation, it is recommended to foods and herbs with anti-inflammatory properties. This property may also explain why papaya leaf brings relief to those experiencing fever.

Papaya leaf has been shown to support the immune system - and this may be explained by its high content of vitamin C and flavonoids with antioxidant properties. The leaf also contains a number of alkaloids known to stimulate the immune system.

Laboratory studies have even revealed that papaya leaf has anti-cancer properties: it contains compounds that can produce apoptosis in cancer cells (genetically programming them to self-destruct).

Used traditionally for treating dengue and boosting digestion.

Increases platelet count and has anti-viral properties.

Contains beneficial bioactive compounds and enzymes that promote digestion and reduce inflammation.

Supports immune system and shows promise in cancer research due to its apoptosis-inducing compounds.

pine needle * done

Pine trees grow all over the world, preferring high altitudes and cooler climates. There is nothing like the fresh smell and peaceful atmosphere of a pine forest. Did you know that the same compounds that produce the beautiful aroma are also beneficial for your health?

Many different cultures understood the medicinal properties of pine needles, they have been used as a traditional medicine in North America and East Asia, as a treatment for respiratory problems and other illnesses.

Research has discovered that pine needles are rich in terpenes (that produce the scent), flavonoids and proanthocyanidins that all work in harmony with the human body to promote health and wellbeing. Pine needles are also packed with vitamins A and C which are both potent antioxidants.

Terpenes present in pine needles have both anti-inflammatory and antimicrobial properties. This explains why pine needles can both bring immediate relief and speed up recovery time in respiratory infections. Pine needle tea is also an expectorant: it can clear excess mucous from the lungs.

There are some studies that suggest that pine needles promote skin health. The antioxidants can protect the skin from oxidative stress (damage from pollutants and toxins that can cause premature ageing). The anti-inflammatory and anti-bacterial properties make pine needles a great remedy for acne and other skin complaints. For these reasons, it is often included in natural skincare products.

Traditionally used in North America and East Asia to treat respiratory problems.

Packed with health-boosting terpenes, flavonoids, proanthocyanidins, and vitamins A and C.

Terpenes have anti-inflammatory and antimicrobial properties, aiding in respiratory health.

Promotes skin health with antioxidant, anti-inflammatory, and antibacterial properties.

Plantain ***

Not to be confused with the plantain fruit used in Caribbean and South American cooking, Plantain leaves are from a herb known as *Plantago Major*. It is found all over the world and has been used in many different cultures for its wound-healing and digestion-promoting properties.

Researchers have discovered that plantain leaves are packed with bioactive compounds, including terpenoids, and allantoin, that work in harmony with the human body. The leaf also contains a significant amount of a particularly soluble form of dietary fibre known as mucilage.

Allantoin has been subject to a lot of research which has shown its ability to promote wound healing. It encourages the growth of new cells which speeds up the recovery process. This explains why Plantain leaves are a great treatment for cuts, burns, and other skin injuries. There is also some research that shows Plantain leaves can kill bacteria, preventing wounds from getting infected.

The mucilage in plantain seems to be responsible for some of the digestion-promoting effects. When ingested, mucilage forms a gel-like substance that can soothe the stomach - it eases digestion, relieves constipation and can help to manage the symptoms of IBS and other conditions.

Many of the flavonoids in plantain are potent anti-inflammatories. Chronic inflammation plays a key role in many of the diseases that plague the modern world, such as heart disease, diabetes, arthritis, and even some cancers. For this reason, many health experts are recommending an anti-inflammatory lifestyle, comprising of regular exercise, stress management, sufficient sleep, and especially a healthy diet. A key part of this diet is to incorporate herbs and spices that are known for their natural anti-inflammatory compounds.

Packed with bioactive compounds like terpenoids and allantoin that promote health.

Allantoin promotes wound healing and may prevent infection.

Mucilage, a type of dietary fiber, soothes the stomach and aids digestion.

Flavonoids in plantain possess potent anti-inflammatory properties.

Rhubarb Root Organic * done

Most of us know the bright red stems of Rhubarb as an ingredient in desserts, and many of you will have heard that the leaves are extremely toxic. But did you know that the roots of this fascinating plant have numerous medicinal properties? Rhubarb roots have been used for centuries by many cultures. For example, in traditional Chinese medicine, they were seen as detoxifying: being used as a laxative and purgative and were believed to benefit the liver and gallbladder.

Scientists have been trying to uncover how rhubarb roots work with the human body and have uncovered many useful compounds, including anthraquinones, tannins, and flavonoids.

Anthraquinones are tiny molecules that certain plants produce to protect themselves against disease. Some are found in rhubarb (including emodin and rhein) are known to stimulate the intestines to contract, relieving constipation and other digestive issues. Emodin has been researched for its anti-cancer properties and it is able to prevent the growth of certain types of cancer cells.

The tannins in rhubarb roots have astringent properties (they can shrink or tighten bodily tissues). In the digestive tract, they can reduce inflammation and soothe irritation.

Tannins in rhubarb root, on the other hand, have astringent properties. You may have noticed that after eating certain fruits, your mouth feels dry, this is because of the astringent effect tightening the tissues in your mouth. The astringent tannins in plantain leaves have a tightening effect on your digestive tract, reducing swelling. They also form a protective layer over the lining of your digestive tract, allowing irritated areas to heal. They can also help to dry up excess mucus. All of these effects can work together to relieve the

symptoms of IBS, gastritis and other digestive issues as well as promote general digestive health.

Like many of the most potent healing herbs, rhubarb root contains potent antioxidants in the form of flavonoids. Antioxidants can reduce the risk of all sorts of chronic diseases so it is always good to include them in your diet.

Research is still ongoing to uncover the way that rhubarb leaves promote liver and gallbladder health - it seems that it contains compounds that simulate bile production and support the body's natural detoxification process.

Rhubarb roots contain anthraquinones that relieve constipation and may have anti-cancer properties.

Contains tannins with astringent properties, reducing inflammation and soothing the digestive tract.

The roots are packed with flavonoids, potent antioxidants that reduce chronic disease risk.

It contains compounds that stimulate bile production and support liver and gallbladder health.

rosehip fruit shells * done

The Rose is one of the world's most iconic flowers, associated with love, romance, beauty, transformation, and rebirth. Perhaps this reverence was in part due to its remarkable

healing properties which have been largely forgotten in the modern world. The petals, leaves, fruit and seeds all have considerable medicinal value.

Rosehip (the fruit of the rose plant) has been used as a traditional medicine in many different cultures. It was used to promote healthy skin, and digestive health, and protect against disease.

All of these properties have been verified by modern research. Pectin and other fibres in rosehip can support healthy digestion by promoting regular bowel movements and providing a prebiotic effect to support gut health (creating a favourable environment for our millions of vital health bacteria). This is one of the reasons that it was often used to soothe digestive ailments such as constipation and stomach ulcers. The tannins found in Rosehip promote digestive health in a number of ways: tightening tissues in the digestive tract, forming a protective barrier, and reducing excess mucus.

Rosehip is packed with vitamin C, an extremely powerful antioxidant which is known to promote healthy skin. It also contains other antioxidants, tannins and flavonoids. Antioxidants promote healthy and young-looking skin by protecting it from damaging free radicals found in various toxins and pollutants.

The presence of vitamin C and other antioxidants explains why Rosehip has been used against a number of diseases: it boosts the immune system.

The carotenoids in rosehip, including beta-carotene and lycopene, also contribute to its health benefits. Beta-carotene is converted into vitamin A in the body, which plays a number of vital roles including supporting eye health. Lycopene has been investigated for its potential to promote heart health and protect against certain types of cancer.

Rosehip is also packed with anti-inflammatory compounds. Chronic inflammation plays a key role in many of the diseases that plague the modern world, such as heart disease, diabetes, arthritis, and even some cancers. For this reason, many health experts are recommending an anti-inflammatory lifestyle, comprising of regular exercise, stress management, sufficient sleep, and especially a healthy diet. A key part of this diet is to

incorporate herbs and spices that are known for their natural anti-inflammatory compounds.

The polyphenols in rosehip, including flavonoids and tannins, have potent antioxidant and anti-inflammatory properties. These compounds can protect the body's cells from damage by harmful free radicals, potentially reducing the risk of chronic diseases like heart disease and cancer.

Rosehip supports healthy digestion with its rich content of pectin and other fibers, and tannins.

Packed with vitamin C and other antioxidants, it promotes healthy skin and boosts the immune system.

Contains carotenoids, beta-carotene and lycopene, which support eye health, heart health and may protect against certain cancers.

Rich in anti-inflammatory compounds, helping combat chronic diseases associated with inflammation.

rosehip seed * done

The Rose is one of the world's most iconic flowers, associated with love, romance, beauty, transformation, and rebirth. Perhaps this reverence was in part due to its remarkable

healing properties which have been largely forgotten in the modern world. The petals, leaves, fruit and seeds all have considerable medicinal value.

We have all seen a million roses, but have you ever seen the fruit of a rose plant? They are bright red or orange, looking quite similar to cherry tomatoes, just with more of an oval shape. These so-called Rosehips contain tiny seeds which have been used in traditional medicine all over the world for centuries. For example, ancient people in what is now South America used them to heal the skin and protect against disease.

Recent research has uncovered that rosehip seeds contain a number of compounds that work in harmony with the human body to promote health. These include essential fatty acids, vitamin E, and vitamin A.

The essential fatty acids in rosehip seeds are potent anti-inflammatories. We now know that chronic inflammation is behind many of chronic conditions (including arthritis, diabetes, heart disease, and even some cancers). For this reason, many health experts recommend including anti-inflammatory herbs and spices in your diet.

The skin benefits of Rosehip seed appear to be in part due to vitamin E, a potent antioxidant known to protect skin from damage and to improve the appearance of scars and wrinkles. For this reason, vitamin E is found in many skincare products - but a great natural alternative.

The fact that Rosehip seeds were used for such a variety of medical conditions suggests that they may improve general immunity. Research suggests this may be the case. Not do the seeds contain vitamins and antioxidants known to boost immunity, but they are packed with essential fatty acids such as omega-3 and omega-6. These help cell membranes stay strong and flexible which is of particular importance to immune cells which need to be constantly moving around eliminating threats. These fatty acids also support the immune system by facilitating the production of signalling molecules that help regulate immune system response (basically stopping it over or underreacting).

Rosehip seeds were traditionally used to promote digestive health. The fatty acids play a role, as do the tannins which tighten the intestinal tract, provide a protective layer and

clear excess mucus. They are also packed with digestive fibre which promotes regular bowel movements, prevents eating and helps clear the digestive tract of waste material.

Rosehip seeds' essential fatty acids combat chronic conditions and inflammation.

Vitamin E in the seeds supports skin health and reduces signs of ageing.

High in vitamins and antioxidants, rosehip seeds boost immunity.

Promotes digestive health through fatty acids, tannins, and dietary fibre.

spearmint leaf * done

Many modern toothpastes and mouthwashes and even chewing gums contain spearmint thanks to its ability to freshen the breath. But did you know the tradition of using mint for oral health and medicinal reasons goes back centuries? People in the Middle East and Mediterranean regions consumed spearmint to improve their digestion and keep their teeth healthy, and it was even believed to improve memory.

Spearmint is packed with compounds that work in harmony with the body's natural processes and defenses including flavonoids, phenolic acids and essential oils.

Spearmint does more than just freshen the breath, it contains compounds that kill bacteria - meaning it can prevent tooth decay and gum disease.

The same compounds responsible for spearmints' unique fresh aroma are also potent healers, with carvone and limonene having attracted the most research attention. Carvone is an antispasmodic which means it can help with digestive problems like nausea, indigestion and gas. Limonene has antioxidant and anti-inflammatory properties. When it comes to preventing the risk of chronic disease: two of the most important weapons are anti-inflammatories and antioxidants!

One of the compounds in spearmint is rosmarinic acid, which has been investigated in numerous studies since it acts as both an anti-inflammatory and antioxidant. It has also been shown to have a neuroprotective effect, which suggests that the traditional use of spearmint as a brain tonic made sense. Other compounds in Rosehip seeds may also contribute to brain health - research is ongoing.

Spearmint aids oral health and digestion, and improves memory.

Contains health-promoting compounds including flavonoids and essential oils.

Carvone and limonene in spearmint help with digestion and offer antioxidant benefits.

Rosmarinic acid in spearmint has anti-inflammatory, antioxidant, and neuroprotective effects.

strong bark

Tarragon Leaf Organic

Tarragon's unique flavour makes it a popular spice in many parts of the world. But less well known is its potent healing effects. In the parts of Europe and Asia where it grows natively, it was used to stimulate digestion and promote appetite. Other traditional uses include the promotion of sleep and the protection of oral health.

Tarragon is packed with bioactive compounds that work with our body's natural processes and defences. These include flavonoids, phenolic acids and essential oils.

The same compounds that produce the unique flavour also have powerful healing properties. The essential oils estragole and ocimene both have antispasmodic properties - which can help with all sorts of digestive problems (nausea, bloating, gas, IBS and more). The essential oil Ocimene has both anti-inflammatory and antioxidant properties. Consuming herbs and spices with these properties is recommended by many health practitioners since they reduce the risk of many chronic diseases.

Tarragon's traditional use in oral health was for more than just its breath-freshening ability. Its essential oils can also kill bacteria in the mouth, reducing the risk of cavities and gum disease.

Research into tarragon's sleep-promoting properties is still ongoing, but some have indicated it has a sedative effect - perhaps because it contains eugenol and other compounds known to induce relaxation by acting on certain receptors in the brain.

Tarragon aids digestion, boosts appetite, and promotes sleep.

It's rich in flavonoids, phenolic acids, and essential oils.

Essential oils in tarragon aid digestion and have anti-inflammatory properties.

Tarragon's antibacterial properties help maintain oral health and its compounds induce relaxation.

Yam Powder

Yams are a great source of carbohydrates and have been a staple diet for many cultures. They are also packed with vitamins, minerals, and other substances that work in harmony with the body. Many of the carbohydrates we consume in the modern world are highly processed, lack nutrients and cause a lot of health problems, so returning to traditional staples makes a lot of sense.

The cultures who consumed a lot of Yam were also aware of its medicinal properties. A powder made from dried tubers has been traditionally used to boost energy, improve digestive health, and help women with reproductive issues.

We now know that Yam powder is rich in a number of compounds that work in harmony with the body. These include steroidal saponins, diosgenin, and dietary fibre.

One of the saponins, diosgenin, has attracted a lot of research attention for its benefits for female health. It has been shown to mimic the effects of hormones like estrogen and progesterone - making it potentially useful for relieving menopausal symptoms and PMS.

Yam powder is a great source of dietary fibre, which is often lacking in the modern diet. Consuming a lot of fibre ensures that your digestive system can remove waste material - it relieves constipation and promotes regular bowel movements. It is also a prebiotic - which means it helps to create optimal conditions for our essential healthy bacteria. Recently, there has been a surge of research into the various functions that our healthy bacteria play. So many of the body's vital systems depend on us having the correct balance of microflora: digestion, immunity, skin health and even mental health. Modern processed food is often toxic to microflora, so Yam makes a great alternative. It is also gluten-free!

The steroidal saponins in yam powder have been found to have anti-inflammatory properties. These compounds can help to reduce inflammation in the body, potentially benefiting conditions characterized by inflammation.

Yam powder is not only a healthy alternative to processed carbs, but it is also a great source of energy that is released steadily, keeping you feeling full and satisfied throughout the day. This can prevent overeating and also stop the dramatic fluctuations in mood and energy that can be caused by processed food.

Yams are nutrient-rich carbohydrates, traditionally used to support energy, digestion, and women's health.

They contain compounds like diosgenin that could relieve menopausal symptoms and PMS.

Their high dietary fiber content promotes digestion and gut health.

They provide steady energy and are a healthier alternative to processed carbs.

Sea Moss * done

Also known as Irish Moss, is not really a moss at all, but a form of Algae. It grows in many parts of the world and was traditionally used in Ireland for a variety of medicinal purposes. It is widely used in the Caribbean; in the UK it can be found in stores that stock Caribbean products.

Dr Sebi was a huge promoter of Sea Moss. He liked to demonstrate the strength of his bones by falling to his knees, on to concrete, in his late 70s! He credited the amazing mineral content of Sea Moss as the reason he could do this (it contains potassium, calcium and iodine).

“Drink it as much as you want, all day every day if you want to because the more you drink the better it is... it does everything” Dr Sebi on Sea Moss

There are many benefits of Sea Moss. It has a high concentration of iodine, and other substances that help with the function of the Thyroid gland. Many Thyroid problems are due to a lack of iodine, and we always recommend Sea Moss to our customers when we suspect they are having thyroid issues. It can also help with colds and more serious respiratory problems since it contains potassium chloride which dissolves mucous. It also has anti-viral properties so we recommend it for people suffering from the flu.

It really is nature's multi-mineral and vitamin supplement and in our opinion and superior one to anything you can find in a health food store. It contains a whopping 92 useful minerals, plus vitamin C, B vitamins and amino acids like Taurine. It is great for boosting the immune system, and the high fibre content means that it can aid digestion.

Many people experience an energy boost when consuming sea moss, so we always offer it to customers suffering from lack of energy. Many of our customers have said it helped with their arthritis, we believe this is due to its nutrients being beneficial for joint health, plus its anti-inflammatory properties help the pain.

We noticed that a lot of the commercially available sea moss is not very high quality. Many vendors sell a mass produce sea moss which has thin strands and is dull in colour. The thin strands make it harder to clean, and we generally find that mass-produced products have a reduced concentration of nutrients. We sell the Eucheuma variety of sea moss, which has thick spaghetti-like strands and a light colour. It makes a very thick gel and contains a very high concentration of minerals. Our customers have reported that it gives them much better results than other brands.

To prepare sea moss for use, we recommend soaking it overnight in mineral water. It will expand to around double the size. Then drain it, add new mineral water and boil for 10 minutes. After this, blend it with a hand blender and leave in the fridge overnight. You will be left with a gel that can be added to fruit juice, smoothies or soup for an instant boost of energy and nutrients.

Red Clover * Done

Red Clover was considered sacred in many parts of the ancient world, being used by the ancient Celts, and Native American tribes, and in traditional Chinese Medicine. It was commonly used for respiratory conditions and women's health.

Recent research has uncovered some of the bioactive compounds responsible for Red Clover's healing effects. Isoflavones, such as genistein and daidzein affect the body in a similar way to the hormone oestrogen which explains why the herb was so valued for women's health. It is a popular treatment for menopausal symptoms like hot flashes and night sweats. Its ability to balance female hormones also makes it useful for relieving PMS symptoms like cramps and mood swings. It is also often used during pregnancy since as

well as hormonal balance it supplies much-needed minerals and vitamins, and compounds that work on the circulatory system, increasing blood flow.

The Isoflavones in Red Clover mean that it is also potentially useful for maintaining bone health and reducing the risk of osteoporosis.

Red clover is packed with flavonoids with antioxidant properties. Many health problems in the modern world are caused by free radicals (rouge oxygen molecules from toxins and pollutants) so it is important to consume antioxidants to counter this.

Red Clover can also be used externally, soothing inflamed skin, reducing redness, and improving the overall appearance of the skin. For this reason, it is a popular ingredient in natural skincare products.

Its traditional use for respiratory health can be explained by its anti-inflammatory properties, with some studies suggesting it can reduce coughing and alleviate the symptoms of conditions like bronchitis and asthma.

Red clover also serves as a natural mineral supplement, being full of vitamins, minerals, and proteins. It is a good source of calcium, magnesium, potassium, and vitamin C.