

INNATE

RESPONSE FORMULAS®

Food Multi IV

V i s m e d i c a t r i x n a t u r a e

Product Rationale

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INNATE RESPONSE FOUNDATIONAL FORMULAS

FOOD MULTI IV Rationale

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Rationale

When crafting Innate Response Formulas®, our mission is to harness the innate healing response that is within every patient in the time honored traditions of "*vis medicatrix naturae*". Following this time honored tradition we will only use the nutrient- finest rich whole foods and botanicals that are aligned with these principals.

For every foundational multivitamin and multimineral formula it is our primary goal that each formula will provide:

1. A complete range of essential and trace whole food vitamins and minerals required for fundamental functions of the body.
2. All of the macronutrients and vital food constituents including bio-active peptides, enzymes, lipids and synergistic compounds that are inherently present in whole foods. These constituents have irreplaceable roles as co-factors in key metabolic bodily functions, and as bio-carriers that govern nutrient delivery to the cells.
3. 100% whole food vitamins and minerals from FoodState® food concentrates.

The superior whole foods alfalfa and *Hydrilla verticillata* were included in the formula to provide additional food nutrients and beneficial compounds. In addition to providing a broad range of macro and trace minerals, both of these superior green foods are rich a source of chlorophyll which preliminary research has shown in vitro and animal studies to have anti-carcinogenic activity [1]. The mechanism of this activity of chlorophyll is currently unknown. Food Multi IV is further enriched by the inclusion of mineral-rich kelp and dulse.

The proteolytic plant enzymes amylase, protease, bromelain and papain were included in the formula to further facilitate efficient utilization of the formula. The inclusion of plant enzymes is a helpful for individuals with impaired digestive function. This formula can be taken on an empty stomach or with food. The naturally occurring proteins delivered in the FoodState® food concentrates are in a pre-digested form and are readily assimilated.

Contraindications: There are no known contraindications.

Interactions: Formula contains Vitamin K, Iron and Iodine, which may interfere with certain prescription drugs. Food Multi IV is FREE of synthetically “pure” vitamins and minerals, GMOs, preservatives, binders, pesticides and herbicides.

FOODSTATE® VITAMINS

Vitamin A with 50% as Beta-Carotene

Both forms, beta-carotene (Provitamin A) and fat-soluble vitamin A (Retinol) are important to the physiology. Carotenoids have protective antioxidant properties. Also, some people (those with diabetes, liver dysfunction, etc.) do not efficiently convert beta-carotene to vitamin A therefore, both forms are provided.

Food Sources: liver, chili peppers, sweet potatoes, carrots, spinach, dried Apricots, collard greens, kale, mangoes, cantaloupe, alfalfa, barley grass, *Hydrilla*, green, orange, red, yellow vegetables.

B Complex

This supports metabolic functions related to energy production, fat, carbohydrate and protein metabolism. B vitamins are necessary to the functioning of the nervous system, muscles in the GI tract, health of the hair, skin, eyes, mouth and liver. Lower levels are found in the elderly.

Food Sources: brewers yeast, rice, whole grains, blackstrap molasses, legumes, meat.

B-1

Thiamine is important to the functioning of the Krebs cycle, which enables the body to manufacture energy from glucose. It has been shown to effect emotional well being.

Food Sources: brewer's yeast, seeds, legumes, whole grains, nuts.

B-2

Riboflavin functions within enzyme systems involved in the metabolism of carbohydrates, fats and proteins. It is important to cellular respiration and to regenerating glutathione.

Food Sources: yeast, liver, seeds, legumes, whole grains, nuts.

B-3

Niacinamide is involved in all functions of the B Complex. It has been found to benefit insulin secretion and cholesterol management.

Food Sources: brewer's yeast, seeds, legumes, whole grains, nuts.

B-5

Pantothenic Acid is utilized in energy production and in the manufacture of adrenal hormones and red blood cells.

Food Sources: yeast, seeds, legumes, whole grains, nuts.

B-6

Pyridoxine is important to the formation of the body's proteins, structural compounds, chemical transmitters in the nervous system, prostaglandins and red blood cells. It assists in modulating hormonal balance and immune function.

Food Sources: brewer's yeast, seeds, legumes, whole grains, nuts, cauliflower.

B-12

Important to the prevention of pernicious anemia. Aging may increase our need for supplementation. Works with folic acid in the production of DNA, red blood cells, and the myelin sheath that surrounds the nerves.

Food Sources: liver, clams, seafood, fish, whey, eggs, hard cheeses, some fermented foods.

Folic Acid

Folic acid works with B-12 in many vital functions. It is critical to DNA synthesis and cellular division and has been found to be essential for healthy pregnancy.

Food Sources: brewers yeast, dark green leafy vegetables, liver, whole grains, nuts, broccoli, legumes, mushrooms.

Biotin

Biotin functions in the production and utilization of fats and amino acids. It has a beneficial effect on the scalp, hair and nails.

Food Sources: brewers yeast, liver, whole grains, nuts, legumes, mushrooms.

Choline

Choline is essential to the manufacture of the vital neurotransmitter's acetylcholine, phosphatidylcholine and to other components of cell membranes. It is important to fat metabolism.

Food Sources: liver, eggs, banana, cauliflower, grape juice, peanut butter, lecithin.

Inositol

Inositol functions closely with choline in the production of cell membranes.

Food Sources: citrus fruits, whole grains, nuts, seeds, and legumes.

Vitamin C

The primary role of vitamin C is in collagen production. It is critical to the performance of the immune and nervous systems, proper adrenal function and to provide antioxidant protection. It promotes wound healing, and red blood cell formation and plays a vital role in both protein and calcium metabolism. As we age the sex glands develop a greater need for C and will draw it from other tissues, leaving these tissues vulnerable. The entire vitamin C complex works together with ascorbic acid acting as a free radical scavenger, which protects the rest of the complex.

Food Sources: citrus fruit, acerola, peppers, kale, collards, broccoli, most fruits and vegetables.

Bioflavonoid Complex

"Nature's biological response modifiers", bioflavonoids have the ability to modify the body's reaction to allergens, viruses and carcinogens. They are important for strengthening the capillaries and veins and act as powerful antioxidants and free

radical scavengers. Research has shown them to be anti-inflammatory, liver protective, anti-tumor, antimicrobial, antioxidant, antiviral, supportive to the immune system, and strengthening to the entire cardiovascular system. They also have an estrogenic effect. Regular use of bioflavonoids and bioflavonoid rich herbs helps with many of the symptoms of menopause. Bioflavonoids include rutin, hesperidin, quercetin, and naringin.

Food Sources: citrus fruit, berries, grapes.

Vitamin D3 – Cholecalciferol

D3 is the active hormonal form of vitamin D. Adequate levels are needed as vitamin D is important to the regulation of calcium absorption.

Food Sources: cod liver oil, cold-water fish, butter, egg yolk, dark green leafy vegetables. Sunlight on the skin is another source.

Vitamin E

The primary function of vitamin E is that of a cellular antioxidant. It is important to immune function and to cardiovascular health.

Food Sources: polyunsaturated fats in vegetable and seed oils, seeds, nuts, and whole grains.

Vitamin K

Vitamin K is necessary for the manufacture of blood clotting factors, for bone building and it has antioxidant properties. Healthy intestinal flora will produce vitamin K. Vitamin K plays a key role in the activation of osteocalcin which works with calcium in bone building.

Food Sources: fat soluble chlorophyll (the type of chlorophyll naturally occurring in plants), broccoli, cabbage, turnip greens.

FOODSTATE® MINERALS

Calcium

Calcium is vital to the structure of bones and teeth, contraction of muscles, enzyme activity, regulation of the heart beat, release of neurotransmitters and clotting of the blood. An important factor in the health of the nervous system.

Food Sources: kelp, yogurt, dairy products, collard greens, kale, almonds, brewer's yeast, greens, brazil nuts, sesame seeds, sunflower seeds, broccoli, tofu.

Magnesium

The primary function of magnesium is that of enzyme activation, with participation in more than 300 enzymatic reactions in the body. It plays a critical role in energy production, bone structure, and muscle structure and function. It is an important factor in the sodium and potassium pump, and in the metabolism of calcium.

Food Sources: kelp, wheat bran & germ, almonds, cashews, brewer's yeast, nuts, whole grains, tofu, dark leafy greens, seeds, and legumes.

Boron

Boron is important to the maintenance of bone and joint function. It has been found to reduce excretion of calcium and magnesium and is important to the production of the active form of vitamin D3. It supports the activity of estrogens and testosterone.

Food Sources: fruits and vegetables.

Zinc

Zinc functions in many enzyme systems and body functions. It is important to immune function, wound healing, sexual function, sensory function, skin health and healthy prostate function.

Food Sources: oysters, pumpkin seeds, ginger root, seafood, brazil nuts, legumes, whole grains.

GTF Chromium

GTF Chromium is highly involved in the body's blood sugar control mechanisms. It works with insulin in facilitating the uptake of glucose into cells and is important to proper insulin function. It also helps with regulation of cholesterol and triglyceride levels.

Food Sources: brewer's yeast, calf's liver, whole grains, meats.

Manganese

Manganese is an important factor in many enzyme systems including: blood sugar control, thyroid hormones, SOD and energy metabolism.

Food Sources: nuts, especially, whole grains, dried fruits, legumes, green leafy vegetables.

Iron

Iron is essential to the hemoglobin molecules of red blood cells where it functions in oxygen transportation. It is also important to the production of DNA and energy.

Food Sources: kelp, brewer's yeast, black strap molasses, pumpkin seeds, meats, dried fruits, dark leafy greens.

Selenium

The primary function of selenium is as a component of the vital antioxidant enzyme glutathione peroxidase, working with vitamin E to prevent free radical damage to cells. The levels in the soil directly effect the levels in food.

Food Sources: wheat germ, brazil nuts, yeast, oats, red swiss chard.

Molybdenum

This functions as a component of several detoxification enzymes including those involved in alcohol detoxification, uric acid formation and sulfur metabolism.

Food Sources: legumes, seeds, cauliflower, yeast, spinach, brown rice.

Potassium

Potassium is an essential electrolyte that functions in the maintenance of water balance, heart, muscles, kidney, adrenal and nerve function.

Food Sources: bananas, oranges, apples, potatoes, avocados, carrot, tomatoes, legumes, melons, fish, dandelion leaf.

Copper

Copper functions in several key enzymatic reactions in the body, including SOD, enzymes involved in production of the skin, energy and neurotransmitters. Play an important role in iron utilization, proper anti-inflammatory response, and cardiovascular health. Copper must be in a proper form, as copper sulfate causes oxidation of vitamin C and is linked to cellular free radical damage.

Food Sources: oysters, shellfish, legumes, nuts.

Vanadium

Vanadium functions in hormone, cholesterol and blood sugar metabolism. Studies indicate it improves glucose tolerance and the mineralization of bones.

Food Sources: black pepper, dill parsley, mushrooms, shellfish, buckwheat, soy, safflower & sunflower seed oils, oats, olive oil.

Iodine

The primary function of iodine is in the production of thyroid hormones which effect metabolism. It is also important to health of breast tissue.

Food Sources: kelp, seaweed, iodized salt.

Encyclopedia of Nutritional Supplements, Michael T. Murray, N.D.

Nutrition Almanac Third Addition, Lavon J. Dunne

Nutrition Almanac Revised Addition, Lavon J. Dunne

TONIC BOTANICAL EXTRACTS

Eleuthero Root (*Eleutherococcus senticosus*)

Eleuthero Root is a primary adaptogen, supportive of the adrenal glands and the immune system. Research indicates a beneficial effect on blood pressure and cholesterol levels. It is supportive to the nervous system, mental functions and is believed to aid depression. A rejuvenative herb revered by the Chinese and Russia for increasing longevity, improving general health, stamina and memory it also provides powerful antioxidant activity and assists with altitude adjustment. It is beneficial to athletic performance.

The Complete German Commission E Monographs, pg. 124-125

Rational Phytotherapy, V. Schulz, R. Hansel, V.E. Tyler pg. 269-273

Siberian Ginseng, Steven Foster © 1991 American Botanical Council

The Healing Power Of Herbs, Michael Murray Chapter 33, pg. 314-320

"*Siberian Ginseng (Eleutherococcus senticosus): Current status as an adaptogen.*" NR Farnsworth, et al, *Econ. Med Plant Res* 1, 156-215, 1985

The Encyclopedia of Popular Herbs, Rob McCaleb, Evelyn Leigh & Krista Morien pg. 342-349

Ginger Rhizome (*Zingiber officinale*)

Traditionally known as the delivery herb, ginger enhances the effectiveness of other herbs and increases nutrient bioavail-

ability. Research indicates ginger is a digestive aid rich in proteolytic enzyme activity that increases bile production. A powerful antioxidant with adaptogenic properties. It aids peripheral circulation and is balancing to the prostaglandins, important in menopause, PMS, arthritis, cardiovascular disease and inflammation. It is a COX-2 inhibitor with benefits to the inflammatory responses of the body and is thought to be an aphrodisiac.

The Complete German Commission E Monographs, pg.135-136

The Yoga Of Herbs, Drs. David Frawley and Vasant Lad pg. 121-122

The Energetics of Western Herbs, Volume 1, Peter Holmes pg. 154-155

The Encyclopedia of Popular Herbs, Rob McCaleb, Evelyn Leigh & Krista Morien pg. 191-199

Astragalus Root (*Astragalus membranaceus*)

Researched internationally for benefits to the immune system, Astragalus contains polysaccharides shown to support immune response, adrenal and pituitary activity and red blood cell formation in bone marrow. It is known to stimulate the body's production of interferon. Enhances endurance and adjustments to altitude. Supportive to cardiovascular system and to the liver Astragalus is also a chi tonic and is supportive to the lungs and digestion.

Chinese Herbal Medicine Materia Medica, D. Bensky & A. Gamble pg. 457-459

Therapeutic Herbalism, David Hoffmann pg. 5-4

HerbalGram No. 21-Fall 1989 pg.16

Planetary Herbology Michael Tierra pg. 294

The Encyclopedia of Popular Herbs, Rob McCaleb, Evelyn Leigh & Krista Morien pg. 61-67

Schizandra Berry (*Schizandra chinensis*)

Schizandra is considered a superior tonic herb in Traditional Chinese Medicine. It supports overall vitality and radiance and is rejuvenative to the kidneys. As an antihepatotoxic, it is protective of the liver and is useful in many liver disorders. It helps build non-specific resistance and has powerful antioxidant activity. Schizandra calms the spirit and is useful for memory and insomnia. It strengthens reflexes and the nervous system, is revered as a potent sexual tonic and aphrodisiac for women and men, supporting sexual fluids and stamina and is an excellent digestive tonic.

Chinese Tonic Herbs, Ron Teeguarden pg. 77, 94-96

“*Antihepatotoxic Actions of Lignoids from Schizandra chinensis Fruits*” Hiroshi Hikino et al *Planta Medica* 1984 pg. 213-218

Chinese Herbal Medicine Materia Medica, D. Bensky & A. Gamble pg. 541-543

Turmeric Root (*Curcuma longa*)

A powerful liver protector and antioxidant, Turmeric is shown to have anti-inflammatory action. It supports the cardiovascular system, including the lowering of cholesterol and the inhibition of platelet aggregation. A carminative for the digestive system, research also indicates cardiogenic and anti-tumor activity. It enhances beneficial microflora in the intestinal tract.

The Complete German Commission E Monographs pg.222

Rational Phytotherapy V. Schulz, R. Hansel, V.E. Tyler pg. 176

Planetary Herbology Michael Tierra pg. 274

The Healing Power Of Herbs Michael Murray Chapter 35 pg. 327-335

The Encyclopedia of Popular Herbs, Rob McCaleb, Evelyn Leigh & Krista Morien pg. 374-381

“*Pharmacology of Curcuma longa*”, Hermann P. T. Ammon, Martin A. Wahl Department of Pharmacology, Institute of Pharmaceutical Sciences, Eberhard-Karls-Universitat Tübingen, Federal Republic of Germany

“*Effect of Curcumin on Platelet Aggregation and Vascular Prostacyclin Synthesis*”, R. Srivastava, V. Puri, et. al. *Aizneim-Forsch./Drug Res.* 36 (1), Nr. 4 (1986)

“*Antihepatotoxic Principles of Curcuma longa Rhizomes*”, Yoshinobu Kiso, et. al. *Journal of Medicinal Plant Research*, *Planta Medica*, Vol. 49, pp. 185-187 © 1983

“*Dietary Components Inhibit Lipid Peroxidation in Erythrocyte Membrane*”, Bharathi P. Salimath, Ph.D., et. al. *Nutrition Research* Vol. 6, pp.1171-1178, Oct. 1986

Dandelion Root & Leaf (*Taraxacum officinale*)

Dandelion is a native tonic for the liver and urinary tract. It is rich in nutrients and carotenoids such as lutein and violaxanthin and is one of the richest botanical sources of potassium. Used in the Ayurvedic healing tradition for the lymph system, liver, gall bladder and breast health.

Menopausal Years The Wise Woman Way, Susun Weed pg. 46, 64
The Complete German Commission E Monographs, ABC pg.118-120
The Energetics of Western Herbs, Volume 1 Peter Holmes pg. 184
Therapeutic Herbalism, David Hoffmann pg. 5-40
The Yoga Of Herbs, Drs. David Frawley and Vasant Lad pg. 114-115

Ginkgo Leaf (*Ginkgo biloba L.*)

Research shows Ginkgo to have powerful antioxidant activity and ability to support memory. An important medicinal plant for circulation and the cardiovascular system and research indicates beneficial effects for depression, cerebral insufficiency, peripheral vascular insufficiency, vascular fragility, and impotence. It is rich in the flavone glycosides.

The Complete German Commission E Monographs, American Botanical Council pg. 136-139
Rational Phytotherapy, V. Schulz, R. Hansel, V.E. Tyler pg. 38-50
Therapeutic Herbalism, David Hoffmann pg. 5-55
Herbal Medicine, Rudolf Fritz Weiss pg. 178
The Healing Power Of Herbs, Michael Murray Chapter 13, pg. 143-161
The Encyclopedia of Popular Herbs, Rob McCaleb, Evelyn Leigh & Krista Morien pg. 200-207

Licorice Root (*Glycyrrhiza glabra*)

In traditional Chinese medicine Licorice is called the “harmonizer” or “peacemaker”. Containing estrogenic properties and other steroidal properties, it is useful for balancing and regulating hormone production and has a marked effect on endocrine function. It is a highly supportive tonic ‘food’ for the adrenal glands.

The Herbal Handbook, David Hoffmann pg. 180
Menopausal Years The Wise Woman Way, Susun Weed
Botanical Influences on Illness, Melvyn R. Werbach, M.D. & Michael T. Murray, N.D. pg. 236-238
The Complete German Commission E Monographs, pg.161-162
Planetary Herbology, Michael Tierra pg.295-296
The Energetics of Western Herbs, Volume 1 Peter Holmes pg. 297
Rational Phytotherapy, V. Schulz, R. Hansel, V.E. Tyler pg. 184, 160-161
Sacred Plant Medicine, Stephen Harrod Buhner pg. 142-144
Herbal Healing for Women, Rosemary Gladstar pg. 246-248
The Yoga of Herbs, Drs. David Frawley and Vasant Lad pg. 127
The Encyclopedia of Popular Herbs, Rob McCaleb, Evelyn Leigh & Krista Morien pg. 289-297

Nettle Leaf (*Urtica dioica*)

Nettle is one of our richest nutritional herbs, with high concentrations of vitamins and minerals which can be easily assimilated by the body. Long revered by Native Americans and Europeans as a highly beneficial female tonic, it strengthens and supports the whole body. Nettle is rich in chlorophyll and acetylcholine.

Indian Herbalogy of North America, Alma R. Hutchens pp. 177-179
The Complete German Commission E Monographs, ABC pg.216
Menopausal Years The Wise Woman Way, Susun Weed pg. 47
The Energetics of Western Herbs Volume 1, Peter Holmes pg. 417
Herbal Healing for Women, Rosemary Gladstar pg. 250-252
Therapeutic Herbalism, David Hoffmann pg. 5-80
The Encyclopedia of Popular Herbs, Rob McCaleb, Evelyn Leigh & Krista Morien pg. 307-316

Fo-Ti (*Polygonum multiflorum*) He-Shou-Wu, Ho Shou Wu

China’s most renowned longevity herb Fo-Ti is a rejuvenator, energy and sexual tonic. Research indicates cardiogenic, hypotensive and anti-tumor activity. It is used in Ayurvedic traditions for strengthening the bones, blood, hair, muscles, tendons, ligaments, liver, kidney and nervous systems. It is often combined with Gotu Kola as rejuvenative for the mind.

Menopausal Years The Wise Woman Way, Susun Weed pg. 64
The Yoga Of Herbs, Drs. David Frawley and Vasant Lad pg. 167-168
Chinese Tonic Herbs, Ron Teeguarden pg. 92-94

Reishi Mushroom Mycelia Extract (*Ganoderma lucidum*)

Many companies use Reishi and other therapeutic mushrooms, in non-extracted forms in which Chitin (kite-in) polymers

cement the walls together and form bonds our digestive enzymes cannot breakdown. These mushrooms are a valuable source of nutrients including all the essential amino acids, linoleic acid, minerals, B vitamins, vitamin D, carbohydrates and fiber. Polysaccharides have been identified as key components in mushrooms. Polysaccharides are complex carbohydrates found in certain botanical species, which possess powerful therapeutic benefits. Reishi contains active polysaccharides and other powerful adaptogenic factors called Triterpenes. These Triterpenes have shown to assist in lowering blood pressure, assisting in cholesterol management and supporting liver function. It supports the central nervous system, helps with insomnia and is a beneficial cardiovascular tonic. It is a potent anti-oxidant and free radical scavenger and has been used for its anti-aging properties for centuries.

Medicinal Mushrooms, Christopher Hobbs, L. Ac. Pg. 96-107

“*Central Actions of Ganoderma Lucidum*” Yoshimasa Kasahara & Hiroshi Hirakino *Phytotherapy Research*, Vol. 1, No. 1, 1987

Reishi Ancient Herb for Modern Times, Kenneth Jones, 3rd Edition

Shiitake Mushroom Extract (*Lentinus edoes*)

Commonly used as a food, Shiitake contains the polysaccharide lentinan. Research indicates it enhances the body's natural resistance, enhances interferon and helper T-cells. It is also shown to lower blood cholesterol and to have anti-tumor activity.

Medicinal Mushrooms, Christopher Hobbs, L. Ac. Pg. 125-138

“*Lentinan as a Host Defense Potentiator (HDP)*”, Chihara G., Maeda Y.Y., Suga T., Hamuro J., *Int. J. Immunotherapy* V(4) 145-154 (1989)

“*Cellular and Humoral Factors in the Antitumor Action of Lentinan on Mammary Tumors*”, Yamashita A., Masuda E., Hattori Y., Kosaka A., *Int. J. Immunotherapy* V(4) 177-186 (1989)

“*Shiitake: a Major Medicinal Mushroom*”, Kenneth Jones, *Alternative and Complementary Therapies* Feb. 1998: 53-59

Hawthorn Leaf, Flower & Berry (*Crataegus laevigata*)

Hawthorn is considered the primary cardiovascular tonic. The whole plant should be used together to achieve therapeutic results through herbal synergy. It contains strengthening flavonoids that are beneficial to connective tissue and is particularly rich in the flavonoids: flavonglycosyls, hyperoside, rutin, and oligomeric procyanidines. It also contains monosaccharides that cross the cell membrane easily and are sources of energy fuel for the heart muscle.

The Complete German Commission E Monographs, ABC pg.142-144 , 333-335

Therapeutic Herbalism, David Hoffmann pg. 5-60, 5-61

The Energetics of Western Herbs Volume 1, Peter Holmes pg. 277

Rational Phytotherapy, V. Schulz, R. Hansel, V.E. Tyler pg. 89-99

Planetary Herbology, Michael Tierra pg. 259

The Encyclopedia of Popular Herbs, Rob McCaleb, Evelyn Leigh & Krista Morien pg. 256-265

Milk Thistle Seed (*Silybum marianum*, *Carduus marianum*)

Traditionally used as a liver tonic and antihepatotoxic Milk thistle also supports gall bladder and bile flow. It is indicated as useful for regeneration of liver tissue and for many disorders of the liver. It is a key liver protector. The whole plant is grown as a vegetable in Europe.

The Complete German Commission E Monographs, ABC pg.169-170

Therapeutic Herbalism, David Hoffmann pg. 5-75-76

Milk Thistle *Silybum marianum*, Steven Foster American Botanical Council Botanical Series No. 305

The Encyclopedia of Popular Herbs, Rob McCaleb, Evelyn Leigh & Krista Morien pg. 298-306

Milk Thistle: The Liver Herb, Christopher Hobbs Capitola, CA: Botanica Press, ©1992

Wild Green Oat Seed & Herb (*Avena sativa*)

Green Oat is nourishing and strengthening to the nervous system and is useful in nervous exhaustion, stress and depression. It is a restorative to the endocrine, nervous, musculoskeletal and immune systems.

The Energetics of Western Herbs, Volume 2, Peter Holmes pg. 402-404

The Herbal Handbook, David Hoffman pg. 75

Therapeutic Herbalism, David Hoffmann pg. 5-81

Horsetail Herb (*Equisetum arvense*)

Horsetail is rich in supportive silica for the bones, hair, nails and teeth and provides nourishing glycosides. It is a valuable

tonic to the genitourinary system and for incontinence.

Menopausal Years The Wise Woman Way, Susun Weed pg.173-174

An Elder's Herbal, David Hoffmann pg. 229

Herbal Medicine, Rudolf Fritz Weiss pg. 238

The Complete German Commission E Monographs, American Botanical Council pg.150

Kudzu Root (*Pueraria lobata*), Ge-Gen

Kudzu is considered a mild tonic that assists in replenishing body fluids. It is used as a food in China and is a rich source of isoflavones, including daidzein, daidzin, and puerarin. Kudzu is useful for high blood pressure with potent antioxidant activity found to be up to 100 times that of vitamin E. Traditionally Kudzu has been used to treat alcoholism.

The Yoga of Herbs, Drs. David Frawley and Vasant Lad Pg. 186

Planetary Herbology, Michael Tierra pg. 163

"*Phytoestrogen Content of Foods- A Compendium of Literature Values*" K. Reinli & G. Block © 1996, Lawrence Erlbaum Assoc., Inc.

"*Isoflavonoids and other Constituents in Callus Tissues of Pueraria lobata*" K. Takeya & H. Itokawa, Chem Pharm. Bull. 30(4)1496-1499(1982)

"*Studies on the Constituents of Pueraria lobata. IV. Chemical Constituents in the flowers and the Leaves*", Jun-El Kinjo et. al. Chem Pharm. Bull. 36(3)1174-1179(1988)

"*Kudzu Comes Full Circle*" , Steven Foster, The Business of Herbs, pg. 14-15

SUPERIOR FOODS

Hydrilla verticillata

A fresh water rooted algae *Hydrilla* is especially rich in calcium, with abundant trace minerals, polysaccharides, amino acids, micro and macro nutrients. It has antioxidant and detoxifying activity.

Barley Grass (*Hordium vulgare*)

Barley is a highly nutritious green food naturally rich in Chlorophyll, Beta-Carotene, magnesium, iron, SOD, B-Complex, calcium, sulfur, trace minerals and amino acids.

Alfalfa (*Medicago sativa*)

Alfalfa has a high mineral content especially calcium, magnesium and trace minerals including Boron, as well as Vitamins K, C, A, E, Folic Acid and other B vitamins, flavonoids, phytoestrogens and chlorophyll. The phyto-estrogenic constituents include isoflavones, coumestrol, genistein and formonnetin research indicates that it stimulates estrogen production. It nourishes the blood, liver and is indicated as useful in cholesterol reduction.

The Energetics of Western Herbs, Volume 1 Peter Holmes pg. 414-415

Herbal Healing for Women, Rosemary Gladstar pg. 186

Menopausal Years The Wise Woman Way, Susun Weed pg. 44, 45, 63, 187

Carrot Concentrate

This is the richest common food source of health supportive pro-vitamin-A carotenes. These carotenes are recognized for their antioxidant activity.

The Healing Power of Foods, Michael T. Murray, N.D. pg. 109-110, 354-355

Heinerman's New Encyclopedia of Fruits & Vegetables, John Heinerman pg. 82-89

Green Papaya Concentrate

Green Papaya contains nutrients such as carotenes, vitamin C, flavonoids and minerals as well as the proteolytic enzyme papain.

The Healing Power of Foods, Michael T. Murray, N.D. Prima Publishing

Heinerman's New Encyclopedia of Fruits & Vegetables, John Heinerman

Beet Root Concentrate

Beets are a food source of iron, silica and other nutrients which are traditionally used to support the blood and liver.

The Healing Power of Foods, Michael T. Murray, N.D. Prima Publishing pg. 56, 104, 353

Heinerman's New Encyclopedia of Fruits & Vegetables, John Heinerman pg. 38-42

Cranberry Extract

Research indicates the proanthocyanins in Cranberry have powerful antioxidant action and protective properties support-

ing the urinary tract and vascular system. This is a rich source of protective anthocyanins which are shown to increase intracellular vitamin C, decrease capillary permeability and protect collagen.

Menopausal Years The Wise Woman Way, Susun Weed pg. 143

Herbal Gram 45, Winter 1999 pg. 26

“*Anti-Escherichia Coli Adhesin Activity of Cranberry & Blueberry Juices*” I. Ofek, J. Goldhar, & N. Sharon Dept. Human Microbiology Sackler School of Medicine, Tel-Aviv University 1996

The Healing Power of Foods, Michael T. Murray, N.D.

Heinerman's New Encyclopedia of Fruits & Vegetables, John Heinerman

Encyclopedia of Nutritional Supplements, Michael T. Murray, N.D.

Tomato Concentrate

This provides vitamin C, niacin, phosphorous, and carotenes, especially the highly active antioxidant carotenoid lycopene. It contributes to cholesterol management, cardiovascular and prostate health

“*Lycopene: Chemistry, biology, and implications for human health and disease.*” Clinton S. K. Nutr. Rev. 1998;56:35-51

The Healing Power of Foods, Michael T. Murray, N.D. pg. 362-363

Heinerman's New Encyclopedia of Fruits & Vegetables, John Heinerman pg. 454-461

Broccoli Concentrate

Broccoli is rich in the Phyto-nutrients known as indoles (indole-3-carbinol and sulforaphane). Research indicates that indoles may increase the excretion of one form of estrogen linked to breast cancer. It also contains carotenes and many other nutrients.

The Healing Power of Foods, Michael T. Murray, N.D. pg. 106-107, 186, 353

Heinerman's New Encyclopedia of Fruits & Vegetables, John Heinerman pg. 66-68

Cabbage Concentrate

Cabbage contains Vitamin C, potassium, and other nutrients. It is one of the richest vegetable sources of phyto-nutrients which research indicates as having anti-cancer properties: Dithiolthiones, Glucosinolates, Indoles, Isothiocyanates, Coumarins, and Phenols. Cabbage is useful in treatment of peptic ulcers.

The Healing Power of Foods Michael T. Murray, N.D. pg. 354-355, 340-341, 56

Heinerman's New Encyclopedia of Fruits & Vegetables, John Heinerman pg. 74-78

Orange Peel

Orange peel is considered a digestive tonic. It also has tonic properties which are useful when combined with chi tonics such as Ginseng.

Planetary Herbology Michael Tierra pg. 105, 106, 142

Chinese Herbal Medicine Materia Medica Dan Bensky, Andrew Gamble

Acerola Berry Concentrate

Acerola is a type of cherry that is a rich source of vitamin C and phyto-nutrients.

Nutrition Almanac Revised Addition, Lavon J. Dunne ©1979

Naturally Occurring Food Constituents:

Bioactive Peptides, Enzymes, Chlorophyll, SOD, Glutathione, Beta Glucans, Lipoic Acid, Essential Trace Minerals, GABA, Glutamic Acid, Polysaccharides, CoQ10 and other Compounds.

References:

1. Physicians Desk Reference for Nutritional Supplements, 2001 Medical Economics Company, Inc. p 88-89.