

lose 5 lbs*
in 5 days!



Persimmon Leaves

- *Helps remove excess fat from the body.
- *The tannins and flavonoids in Persimmon Leaves believed to have anti-hypertensive, anti-carcinogenic, and anti-mutagenic properties.
- *Used to help alleviate digestive problems and dermatitis.
- *Acts as a natural antihistamine, which helps reduce allergic reactions.
- *Helps with aging skin and bruises.

Holy Thistle

- *Given it's name because it had a reputation as a cure-all and was considered a gift from God.
- *Most well known for usage with female problems
- *Should not be used during pregnancy, but is used by nursing mothers to increase milk supply.
- *Increases circulation and treats hormonal imbalance.
- *Helps treat painful menstruation.
- *Enhances memory by delivering oxygen to the brain.
- *Contains antiseptic compounds that dilate peripheral blood vessels and shrinks inflamed tissue.
- *Excellent source of potassium and sodium.
- *Great for respiratory allergies, arthritis and fevers.

Malva Leaves

- *Soothes irritated tissue and inflammation, especially in the mucus membranes.
- *Great for ulcers and indigestion because it contains polysaccharides, which lower stomach acid, because they form a protective layer on the stomach lining.
- *It's an expectorant, so it loosens phlegm and congestion from the lungs.
- *Soothes tonsils, dry cough, sore throat and asthma.
- *Increases flow of urine and is used to relieve bladder & urinary tract infections.

Marsh Mallow

- *Used by the ancient Greeks to remedy bruises and bleeding, and as a mild laxative.
- *Used in medieval Europe for indigestion and diarrhea.
- *Rich in calcium, zinc, iron, sodium, iodine, B complex vitamins, and pantothenic acid.
- *Produces a thick, sticky substance that coats the membranes.
- *Contains flavonoids that reduce inflammation while the mucilage holds them in place and prevents further damage.

Blessed Thistle

- *Used in traditional medicine as far back as the early sixteenth century to improve memory, aid digestion, and treat a wide variety of other diseases and disorders
- *Kills and expels worms.
- *Helps against inflammation of the liver.
- *In herbal medicine, used for cancer, infections, inflammation, gallbladder disease, jaundice, liver disorders, cervical dysplasia, heart ailments, skin ulcers, yeast infections, and diarrhea.

Papaya

- *Rich in antioxidants, B vitamins, magnesium and fiber.
- *Soothes indigestion and heartburn.
- *Contains papain, which kills bacteria.
- *Has a milky sap that contains acetogenins, which is great for preventing and killing cancer cells.
- *A University of Florida study showed that it especially kills cervical, prostate, liver, breast and lung cancers.
- *Menstrual pain
- *Acne
- *Anti-aging (50 or more different amino acids)
- *Contains beta carotene so it's great for eye health.

Ginger

- *Nausea
- *Eliminates intestinal gas.
- *Anti-inflammatory.
- *Protects against colorectal cancer.
- *Kills ovarian cancer cells.
- *Immune Booster.

Chamomile

- *A natural anti-inflammatory.
- *Can be used to treat digestive disturbances, gastrointestinal spasms, inflammatory disease of the gastrointestinal tract, coughs and colds, fevers and bronchitis.
- *Muscle relaxing and sedative properties.
- *Has antibacterial, antifungal and anti-allergenic properties.

Myrrh

- *Protective against aging skin because it is a powerful antioxidant properties.
- *Menstrual pain relief.
- *Soothes throat and mouth inflammation.
- *Treats gingivitis, loose teeth and halitosis.
- *Reduces cholesterol levels.
- *Relaxes muscle tissue.

