

## The Power of Plants: A History of Botanicals

It is likely that humans have used plants as medicine for as long as we have existed. Archaeological excavations dated thousands of years ago have found remains of medicinal plants, such as opium poppies, ephedra, and cannabis.

Since the beginning, humans have experimented with plants to learn how they can positively impact our health. In essence, humans have been involved for thousands of years, in a vast “clinical trial” with medicinal plants. The wisdom that resulted from this global experiment encompasses a large part of our history of healing and healthcare.

### Turmeric



Turmeric comes from the root of the *Curcuma longa* plant and has a tough, brown skin and a deep orange flesh. Turmeric has long been used as a powerful herb that supports healthy inflammation levels throughout the body in both the Chinese and Indian systems of medicine. Turmeric was traditionally called “Indian saffron” because of its deep, yellow-orange color and has been used throughout history as a condiment and a traditional remedy.†

### Holy Basil



Holy Basil has been used for thousands of years in the traditional health care system of India, known as Ayurveda medicine. Known to Indian natives as Tulsi, this important plant is used to support a healthy immune system, promote healthy digestion, support healthy blood sugar and blood lipid levels, and boost one’s mood. Holy Basil is an excellent example of an adaptogen herb that can help relieve the stress of modern living.†

### Ashwagandha



Ashwagandha is one of the most powerful herbs in Ayurveda. It has been used since ancient times to support a wide-variety of organs and systems, and is most well-known for its restorative benefits. In Sanskrit, Ashwagandha means “the smell of a horse,” indicating that the herb imparts the vigor and strength of a stallion, and has traditionally been used to help people support their immune system after a time of stress. Ashwagandha helps support healthy weight and helps reduce stress by promoting the health of the adrenal glands.†

### Cinnamon



Cinnamon is an aromatic spice made from the peeled, dried, and rolled bark from *Cinnamomum* trees. It is an herb traditionally used by many ancient cultures. It has been known to benefit the body in many ways by supporting healthy immune system function, digestion and healthy blood sugar levels.†

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease or condition.

### Alfalfa



Alfalfa is a leguminous plant with clover like leaves and bluish flowers. Native to southwestern Asia, it is widely grown for fodder. The Arabs fed alfalfa to their horses, claiming it made the animals swift and strong, and thus named the legume "Al-fal-fa", meaning "father of all foods." The medicinal uses of alfalfa stem from anecdotal reports, claiming that the leaves cause diuresis and are useful in the treatment of kidney, bladder, and prostate disorders. Leaf preparations have been touted to support healthy inflammation levels and healthy blood sugar levels.†

### Amla Berry



The health benefits of Amla Berry, also known as Indian Gooseberry, can be partially attributed to its high Vitamin C content. Amla has been known to support many functions, such as providing digestive support, healthy liver support, promoting optimal mental function, cardiovascular support, vision support, promoting healthier hair and skin, increasing vitality, improving muscle tone, and acting as an antioxidant.†

Amla Berry also contains many minerals and vitamins like Calcium, Phosphorus, Iron, Carotene and Vitamin B Complex.†

### Astragalus



Astragalus has been used in Traditional Chinese Medicine for thousands of years. It was often combined with other herbs to strengthen the body's immune system. Astragalus is called an adaptogen, meaning it helps protect the body against physical, mental, and emotional stress.†

Astragalus contains antioxidants, which protect cells against damage. Astragalus is used to protect and support the immune system, and support healthy blood sugar and blood pressure levels.†

### Green Tea



Green tea is reported to contain among the highest concentrations of powerful antioxidants called polyphenols of any plant. Antioxidants such as polyphenols in green tea can neutralize free radicals and may reduce or even help prevent some of the damage they cause.†

In traditional Chinese and Indian medicine, practitioners used green tea as a stimulant, a diuretic (to help rid the body of excess fluid), an astringent (to control bleeding and help heal wounds), and to improve heart health. Other traditional uses of green tea include supporting healthy digestion and promoting mental health.†



### Living Tea

In order to liberate and potentiate key phytonutrients from plants, our ancestors developed powerful methods of herbal preparation. Believing that the best way to consume a food or herb is in its whole form, we have borrowed this ancient wisdom creating a living infusion of botanicals as the cornerstone of the Transform Your Temple™ Formulas.

## The Future of Fermentation

In its broadest sense, fermentation refers to any process by which large organic molecules are broken down to simpler molecules through microorganism activity.

In food, this process helps to preserve nutrients and break it down to a more digestible form while also producing beneficial enzymes, B-vitamins, Omega-3 fatty acids, and various strains of probiotics that can be healthful for the body.

To further potentiate the powerful benefits of the organic botanicals in the Transform Your Temple™ formulas, we utilize a proprietary fermentation process predigesting and potentiating the whole herb ingredients with tonic mushrooms; each containing their own powerful compounds.

### Synergized by Nature

Each tonic mushroom used to synergize the Transform Your Temple™ formulas has been extensively researched within the scientific community for the benefit it provides to the human body.

*Cordyceps  
sinensis*



- Revered by professional and Olympic athletes and prized by emperors
- Supports a Healthy Immune System†
- Supports Anti-Aging†
- Supports Healthy Blood Sugar Levels†
- Promotes Athletic Endurance†
- Supports a Healthy Respiratory System and Improves Oxygen Utilization†

*Hericium  
erinaceus*



- Reputed as nature's nutrient for neurons
- Supports Brain and Neurological Function†
- Promotes Healthy Digestion†
- Supports Increased Cognitive Functions†

*Ganoderma  
lucidum*



- Known as the mushroom of immortality
- Boosts Energy†
- Immune System Support†
- Promotes a Healthy Cardiovascular System†
- Healthy Liver Function†
- Supports Healthy Cholesterol Levels†

*Trametes  
versicolor*



- Studied worldwide for immune system support
- Supports Immune System†
- Supports Digestive Health†
- Supports Healthy Inflammation Response†

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