

IHS BIOETHNO MEDICINAL BOTANICALS OF ANTIQUITY™
Old World Medicinal Plants

PLANTAIN WEED

Brought to the US and New Zealand by European settlers, the Plantain weed was valued for its culinary and medicinal properties. Recipes using plantain can be found in herbals dating all the way back to the 1500s. Considered historically to treat just about everything ranging from dog bites and ringworm to jaundice and epilepsy, plantain was a common panacea (cure all) that was even referenced in the works of Chaucer and Shakespeare. Plantain is used worldwide to treat many respiratory problems due to its high mucilage content. Other uses of this weed include caring for skin inflammations, sores and ulcers, and in India it is used to treat inflammatory and functional problems of the digestive tract. It has also been known to aid in relief of itching due to exposure to poison ivy.

BITTER MELON

Despite its wide growth in India and parts of Southeast Asia, China, Africa and the Caribbean, the original home of the Bitter Melon is still a mystery. This plant has been used in various Asian traditional medicine systems for a long time, mainly for its use in stimulating digestion. In Asia, as well as Panama and Columbia, bitter melon is used for preventing and treating malaria. It has also been known to help remedy diabetes when the leaves are brewed as a tea. Based on laboratory tests, it has been suggested to be effective in the treatment of the HIV infection.

ACAI BERRY

Located mainly in floodplains and swamps, the Acai palm is native to Central and South America. Harvested from this palm is the small, grape-like fruit known as acai. Legend has it the fruit was discovered deep in the Amazon. The daughter of a tribal chief, named Iaca, bore a child. Under her father's decree, Iaca's baby had to be killed with all newborns of her people to help the survival of the large starving tribe. She mourned her baby for several days alone in her hut, all the while her tribe continued to starve. Iaca heard a baby's cry and she went outside to search for it. She came upon a palm shooting from the earth covered in fruit and in her despair, she lay under it and died. The next day, the tribe found Iaca's body under the new tree and the fruit from it satisfied their hunger and rejuvenated their energy. The chief then lifted his harsh decree and declared the fruit be named after his daughter ("Acai" spelled backward is "Iaca"). With this new fruit, the tribe grew and flourished. This berry contains several substances called anthocyanins: coming from the Greek words meaning "plant" and "blue" which are responsible for the red, purple and blue hues in most flora, and flavonoids. Those fruits that are richest in anthocyanin, such as acai, are very strongly colored. These substances are powerful antioxidants and can help neutralize free radicals that are harmful byproducts produced by the body, and they help reduce the risk of some diseases, such as heart disease and cancer.

BLACK MUSTARD SEED (ORGANIC & CERTIFIED KOSHER)

Recognized for centuries as a decongestant and expectorant. Helps break up mucus in air passages. A good remedy for congestion caused by colds and sinus problems. Also antibacterial. Revs up metabolism, burning off calories. In one British test about three-fifths of a teaspoon of ordinary yellow mustard increased metabolic rates by 25 percent, burning forty-five more calories in three hours. Mustard seed is rubefacient, stimulant, diuretic, alternative and, in large doses, emetic. Internally, a teaspoonful of crushed seeds in warm water acts as a mild laxative and blood purifies, but a tablespoonful acts as a quick emetic. Aids in circulation and inflammation of the lungs. Contains high amounts of niacin, which may be depleted in the body when exposed to mold.

WATERMELON (ORGANIC AND CERTIFIED KOSHER)

High amounts of lycopene and glutathione, antioxidant and anticancer compounds. Also mild antibacterial, anticoagulant activity. Aids in kidney and bladder function as it protects from adenovirus.

NASTURTIUM

Has natural depurative actions of the various layers of the skin, invigorates the scalp, natural antibiotic and expectorant, which aids in allows cuts and scrapes to accelerate the knitting of the cell matrix of the skin, due to its sheets in the form of cataplasms, which it makes naturally.

SPINACH (ORGANIC AND CERTIFIED KOSHER)

Tops the list, along with other green leafy vegetables, as a food most eaten by people who don't get cancer. A super source of antioxidants and cancer antagonists, containing about four times more beta carotene and three times more lutein than broccoli. Rich in fiber that helps lower blood cholesterol. Extremely high in oxalate, thus, not recommended for people with kidney stones. Note: Some of its antioxidants are destroyed in cooking so that is why you can get it in a concentrated capsule form.

SWEET POTATO

Sweet potato is rich in **Vitamin A** (betacarotene) and **Vitamin C**. Both Vitamins A and C are powerful antioxidants that work in the body to remove free radicals, this free radicals are chemicals that damage cells. They are good for stomach ulcers and inflamed conditions of the colon. It is beneficial for low blood pressure. May be helpful for hemorrhoid because of its high fiber content. Sweet potato is a good food for people involved in heavy muscular work, since this food is high in vitamins and minerals. Sweet potato may help prevent cancer in glands and organs with epithelial tissue due to its high Vitamin A content. Sweet potato is a good food for **diabetics**, because it helped stabilize blood sugar levels.

QUENEPA

Quenepas are also known by the name mamoncillo, is similar to the lychee and eaten much the same way. Peel off the thin green rind and eat the interior except for the large pit in the center, which can be roasted like a sunflower seed. Tasting like a sweet lime with a hint of banana, the pulp is gelatinous and juicy but very scant. Due to the small amount of edible fruit, it is most commonly boiled and used in cold drinks.

SWEET POTATO PIE

Sweet potato pie is a special blend of not only sweet potatoes, but of the spices mace, cinnamon, nutmeg and ginger from Asia and the Caribbean. It is well known that the aroma of sweet potato or pumpkin pie is a male aphrodisiac, as well as a special holiday treat. The blend of sweet potato with these special spices, allows the body to balance hormones, enhance the endocrine system and aid as an immune receptor and modulator.

OKRA

The world's most beautiful women, Cleopatra of Egypt and Yang Guifei of China loved to eat okra according to the history record. When we visited the world's most productive land of okra in a rural area in Kami, Kochi Prefecture, Japan, the young and old all look very healthy. When we asked their secret in having good health in that area, they graciously answer "**okra**". Okra has a long history, with its beginnings in Egypt where it is cultivated before the time of Cleopatra. The okra plant spread to many parts of the world during the Atlantic slave trade. During World War II, the shortage of coffee beans made them use okra seeds as a substitute for coffee. This incident made the word "okra fever". Since then, okra's popularity never disappeared from local markets to convenience stores throughout the world and throughout the year. It is ideal for ulcers, joints, summer heat, atherosclerosis, structure of capillaries, maintains smooth beautiful skin and facilitates elimination with comfortably by slippery characteristics.

GOLDEN MANGO

"The king of the fruits", mango fruit is one of the most popular, nutritionally rich fruit with unique flavor, fragrance, taste, and health promoting qualities making it a common ingredient in new functional foods often called "super fruits". Mango fruit is rich in pre-biotic dietary fiber, vitamins, minerals and *poly-phenolic flavonoid* antioxidant compounds. It aids in breaking down hard fat and increases cellular metabolism.

APPLE & ASIAN PEAR

Apples and Asian Pears stimulates salivary flow and thus helps to remove debris from the teeth and simulates gum tissue, reduces skin disease, arthritis and various lung and asthma problems, neuritis, insomnia, gall stones, worms, halitosis and pyorrhea and constipation.

ARTICHOKE

Since ancient times, the artichoke has been used for liver and gallbladder conditions, "cleaning" the blood, as well as the bladder. The Egyptians highly prized it as a health and diet food and Plinius described it as the "food for the rich" because of the health problems contributed to a "rich" life style- excessive in rich foods, fats and wine that led to liver illnesses (such as cirrhosis), gout and a general run down condition. It is very high in fiber, potassium, calcium, iron, phosphorous and other trace elements to aid in balancing various organ systems of the body. It is known to positively help poor liver function as well as lower blood sugar values, improve the appetite and digestion, is diuretic and may help some migraine conditions (most especially those caused by toxins in the blood).

BAY LEAF

Fresh leaves are a rich sources of vitamin C, Vitamin A and are known to have antiseptic, anti-oxidant, digestive, and thought to have anti-cancer properties, due to vincae a compound that shrinks tumors and cysts. Excellent source of folic acid and folate and other B vitamins as it works well as a co-factor of its minerals (copper and magnesium) for the antioxidant enzyme, superoxide dismutase. It is known to relieve flatulence and stomach ulcers. Its components in its natural oils aid in the relief of arthritis, muscle pain, bronchitis and flue symptoms.

TO ORDER THESE FINE PRODUCT CONTACT

Integrative Health Systems™, LLC, 415 ¾ N. Larchmont Blvd., Los Angeles, CA 90004 Phone: 323-466-2599 Fax: 323-466-2774 eMail: ihd@sbcbglobal.net

Also ask for the super blend of OLD WORLD PLANTS – PANOS, which means everywhere in Greek.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.