

Herbal Synergy

Each of the eight herbs in Flor•Essence exhibits specific biological activity and boasts impressive remedial qualities in its own right.

gestalt n. a configuration or pattern of elements so unified as a whole that it cannot be described merely as a sum of its parts



Burdock root (*Arctium lappa*) contains inulin, flavonoids (including quercetin), lignans, tannins, volatile oils, vitamins and minerals. A strong antioxidant, it is also anti-inflammatory and immune-stimulating, and can reduce cell mutations while cleansing and strengthening. Antibacterial, antifungal and antiviral; increases lymph drainage. This burdock root is North American and certified organic.



Sheep Sorrel (*Rumex acetosella*) is an astringent, diuretic and laxative; it also oxygenates tissues and provides immune system support. All aerial parts are used as they contain several effective antioxidants including flavonoids, vitamins, minerals and trace elements. Sheep sorrel is a bile stimulant with phytoestrogenic and anti-inflammatory qualities. North American-grown and certified organic.



Slippery Elm (*Ulmus rubra*) is noted for soothing inflammatory irritation, especially of the digestive tract, due to its mucilage content. Alkalizes by balancing pH in the GI tract; also absorbs toxins from the bowel and reduces bowel transit time. Contains high concentrations of antioxidants including beta-sitosterol, beta-carotene and proanthocyanidins. Certified organic when available.



Watercress (*Nasturtium officinale*) is a heavy metal detoxifier, a rich source of chlorophyll for blood cleansing, and increases the flow of bile for improved digestion. Excellent protection against xenoestrogens and many hormone-related diseases, it contains indoles (also present in cruciferous vegetables), which deactivate excess estrogen and eliminate it from the body.



Red Clover (*Trifolium pratense*) is an antioxidant and blood purifier, and facilitates elimination of toxins through the skin, kidneys and colon. Shown to combat bacterial, viral and fungal infections, it has been used for lung, liver and digestive ailments. This legume contains isoflavones that help balance hormones and protect against xenoestrogens. The leaf and blossom are harvested from certified organic plants grown in North America.



Blessed Thistle (*Cnicus benedictus*) contains a bitter-tasting compound called 'cnicin', which increases the flow of gastric juices, thereby relieving indigestion and headaches associated with liver congestion. Blessed thistle is an anti-inflammatory and contains lignans that have proven antimicrobial activity. The flower top is harvested from plants grown in North America. Certified organic.



Kelp (*Laminaria digitata*) contains alginates, which soothe and cleanse the intestines, and help to neutralize heavy metals and radiation (including electromagnetic fields from TV's, computers etc.) in the body. Kelp stimulates the immune system and supplies minerals including iodine for healthy thyroid function and metabolism, and to help control pre-cancerous breast lumps. Harvested near Iceland and certified organic.



Turkish Rhubarb root (*Rheum palmatum*) helps to safely normalize bowel movements, cleanse the liver and detoxify the colon. A safe and effective laxative, Turkish rhubarb also exhibits anti-inflammatory, antiseptic, antioxidant and antiviral activity. Increases the flow of saliva and gastric juices for improved digestion. Certified organic when available.

Together, in precise amounts, these eight ingredients become an entirely new entity unto itself, enhancing each other's benefits to create a powerful synergistic healing effect.