

## Tulsi's Health Highlights

*" Tulsi reduces stress, enhances stamina, relieves inflammation, lowers cholesterol, eliminates toxins, protects against radiation, prevents gastric ulcers, lowers fevers, improves digestion and provides a rich supply of antioxidants and other nutrients. Tulsi is especially effective in supporting the heart, blood vessels, liver and lungs and also regulates blood pressure and blood sugar." Dr. Ralph Miller, former Director of Research for the Canadian Dept. of Health and Welfare.*

Modern scientific research provides evidence that Tulsi offers the following benefits:

### ✓ **Holistic Health Promotion**

Enhances general health and well-being, having positive overall effects on the body and mind.

### ✓ **Stress Resilience**

Increases the capacity to cope and adapt to changing and challenging environments, and reduces the negative physical and psychological effects of stress (adaptogenic).

### ✓ **Energy and Performance Enhancement**

Improves stamina and endurance, and increases the body's efficiency in using oxygen. Enhances protein synthesis and strength.

### ✓ **Anti-Aging Effects**

Slows the biological aging process by reducing the impact of physiological aging factors.

### ✓ **Antioxidant Activity**

Provides significant antioxidant and free radical scavenging protection. Neutralizes dangerous biochemicals that contribute to premature aging, cataracts, cancer and other degenerative diseases.

### ✓ **Radiation Protection**

Reduces the cell and tissue damage caused by harmful rays of the sun, TV, computers, X-rays, radiation therapy, high altitude air travel, etc.

### ✓ **Immunity Tune-Up**

Strengthens and modulates the immune system. Reduces allergic histamine, asthmatic and other adverse immune reactions.

### ✓ **Anti-inflammatory Action**

Reduces the painful and dangerous inflammation that plays a key role in various forms of arthritis, cancer and degenerative neurological disorders.

✓ **Antibiotic Protection**

Offers significant natural antibacterial, antiviral and antifungal protection and is, thereby, helpful in treating many serious systemic diseases, as well as localized infections.

✓ **Heart and Vascular Protection**

Lowers dangerous cholesterol and stress related high blood pressure, protects the heart and blood vessels, and has mild blood thinning qualities, thereby decreasing the likelihood of strokes.

✓ **Liver Support**

Generally contributes to healthy liver function, improves the metabolic breakdown and elimination of dangerous chemicals in the blood, and counteracts various liver diseases.

✓ **Lung and Bronchial Support**

In addition to contributing generally to respiratory health, Tulsi has been shown to be helpful in the treatment of a variety of serious allergic, inflammatory and infectious disorders affecting the lungs and related tissues.

✓ **Nutrition**

Contains vitamins C and A, and minerals calcium, zinc and iron, as well as chlorophyll and many other phytonutrients. Also enhances the efficient digestion, absorption and use of nutrients from food and other herbs.

✓ **Allopathic Medicine Complement**

Enhances the effectiveness and reduces the negative and often dangerous side effects of many standard modern medical treatments.

✓ **Other Benefits**

Lowers fevers, protects against gastric ulcers, reduces dangerous blood sugar levels in diabetics, and supports dental and periodontal health (and diminishes “bad breath”). Also protects against mercury poisoning, speeds healing of bone fractures, reduces nausea, vomiting and cramping, and repels insects, including mosquitoes and lice.

✓ **High Safety Margin**

Research indicates that the holy basil Tulsi has a very high safety margin with exceptionally low toxicity, providing general beneficial effects at doses without adverse reactions or other undesirable side effects.