



Nature Gifts

Gut Health, Whole-Body Detox
& Optimal Wellness

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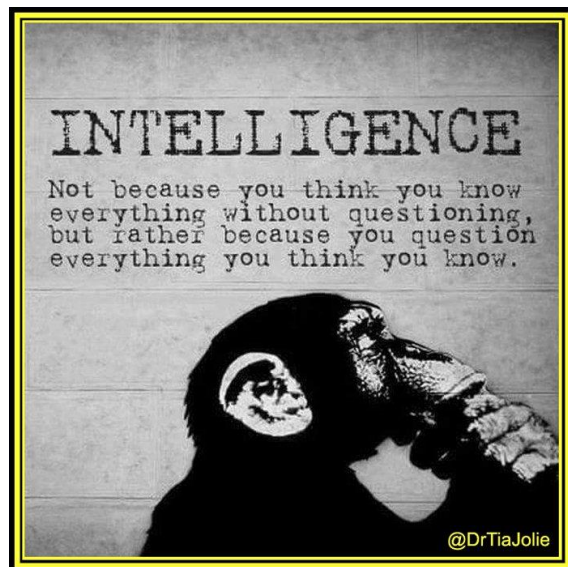
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My beautiful, powerful and divine people, I am likely the first doctor you have ever met who beseeches you to question everything she says. I ask you to do so not because my information is errant, but to encourage you to always question presented information so that you can ultimately make your own decisions for your life.

Questioning your information sources permits you to either gain confidence in those sources, or to realize that you are dealing with sources that are illogical, incoherent and/or incomplete.

Either way, you win because intelligence swarms to those who knock, seek & ask.



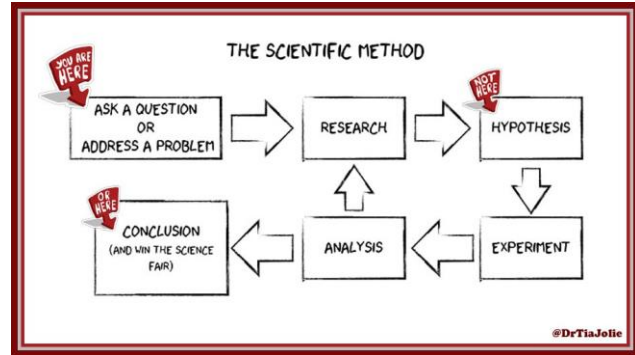
Many of us We The Peoples have awakened to the pervasive, ubiquitous and intentional fraudulent narratives that have been perpetrated upon us. Conspirators and clowns in church, state, media, industry and other previously trusted institutions have nefariously or negligently coopted the powers that we have permitted them. They have aggregated and usurped centralized authority and returned to us a toxic sludge of unreasonable, illogical and harmful pseudoscience that serves their wants and needs at the expense of our life, health, liberty and happiness.

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Individually and collectively, **we have been lured away from the wholesome and complete connection to Nature** by so-called experts in white lab coats who contradict their own religion with unbelievably unscientific, nonsensical statements like, “The science is settled”.

True adherence to scientific methods calls for ideas to be rigorously tested and exposed to questions and scrutiny. Science is a process, not a rush to one’s preferred conclusions. We have been fed narratives that suggest that we should make subservient our intuitions, intentions and intellects to a self-aggrandized cult that admonishes us to ask their members what is best for us.



Spoiler Alert: The Medical Paradigm and Experiment as it relates to Health and Care has epically failed.

Admittedly, there may be occasions when a specific medical intervention is indicated for you. **If you are honest, awake, unafraid and aware, you will make correct health decisions for yourself.** Remember that you are always responsible for your own health and that 2nd and 3rd opinions should be the norm for you regarding any medically indoctrinated licensee’s advisement that they want to use chemicals, scalpels or radiation to deploy their version of healthcare. If they desire for themselves the moniker ‘healthcare’, make them earn it by proving to you their protocols are both healthful and caring.

As you begin your return journey home to pristine wellness, **you will become increasingly confident in yourself.** You will come to refer to your medical doctors simply as advisors and you will open your mind to the fact that there are many other types of doctors who have chosen to not limit themselves to the pharma-based medical narratives. In time, you will become reacquainted with your own awesomeness, your innate intellect and your native intuitions which will grandly serve you once again.



As you begin along this exciting and necessary pathway towards true health and real care, **I admonish you to do your own research.** You will discover that there is plenty of true science out there that gets only scant press.

Brilliant non-MD doctors have brought forth compelling health solutions for you that were common knowledge to many of our great, great grandparents. Medical zealots wish for

you to forget that people were healthy for thousands of years before medicine was even “a thing”.

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To put a pretty bow on this “return-to-true-health primer”, I am highlighting for you here **the Top 25 most compelling detox health solutions** that have been used worldwide for eons. I have pieced together this simple overview of the health benefits of each of the ingredients in one of my favorite cleanse products.

My process was simple and objective. I took each of the ingredients and ran it through an AI (artificial intelligence) computer system, telling the computer to give me a brief history of each ingredient, to explain to me the health benefits of each ingredient and to provide for me citations from respected health journals and scientific papers to justify its explanations. I copied and pasted the results here and made them look pretty. Also, because the AI applies repetitive grammatical structures, I made the following paragraphs a bit more readable without changing the meaning of the content.

By using this completely objective method, I hope to demonstrate to you **how simple it is for you to learn about time-proven, natural, holistic alternatives** to the toxic, side-effect laden pharma products being marketed to you from every direction. Be aware that not all things from nature are without side-effects, but it’s been my experience that most of those natural side effects are pleasant and beneficial. Also, I encourage you to **take special note of the source references** so that you can use these same sources to do deeper dives into your personal health solutions.



Finally, please know that I am presenting this to you from a position of kindness, care and love. I encourage you to get other perspectives and opinions, and to spend some time diving into your own studies to further your personal health journey. **You are responsible for your health, so own it.**

If you have suggestions as to how I can do better, please drop me a kind note via my site at www.TiaJolie.com.

Warmly,

Tia Jolie

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Cascara sagrada (bark)

Cascara sagrada bark is derived from a shrub-like tree that belongs to the Rhamnaceae family. The plant is commonly known as "sacred bark" because of its medicinal properties. It is native to North America and has been used by Native Americans for centuries for various health benefits. Cascara sagrada bark is a natural laxative and has been used to treat constipation, digestive problems, and other gastrointestinal issues.

The bark of cascara sagrada contains a compound called anthraquinone, which stimulates the colon to contract and move waste out of the body. It also contains other compounds such as tannins, which have anti-inflammatory properties and can soothe irritated or inflamed tissues. The combination of these compounds makes cascara sagrada an effective natural remedy for constipation.

In addition to its laxative properties, cascara sagrada has other health benefits. It can help to lower cholesterol levels and may reduce the risk of heart disease. It has also been used to treat liver problems, such as hepatitis, and may have anti-cancer properties.

One study published in the Journal of Medicinal Food found that cascara sagrada bark extract had a significant effect on reducing liver damage caused by alcohol consumption in mice. Another study published in the Journal Phytotherapy Research found that cascara sagrada bark extract had anti-cancer properties and was effective at inhibiting the growth of breast cancer cells in vitro.

Cascara sagrada has been used for centuries by indigenous peoples in North America, and its health benefits have been recognized by Western medicine in recent decades. While it is generally considered safe when used as directed, it is important to consult a healthcare provider before taking cascara sagrada or any other herbal remedy.

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Aloe vera (leaf) extract

Aloe vera is a succulent plant that belongs to the family of Liliaceae, and it is native to North Africa, Madagascar, and the Arabian Peninsula. The plant has been used for medicinal purposes for thousands

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of years, and it was known as the "plant of immortality" to the ancient Egyptians. Aloe vera extract is a gel-like substance found in the inner leaves of the plant, and it is used for various health benefits.

One of the primary health benefits of Aloe vera extract is its ability to soothe and heal skin. The gel contains vitamins, minerals, and antioxidants that help to moisturize and rejuvenate the skin, and it can also reduce inflammation and speed up the healing process of wounds, burns, and other skin conditions. Aloe vera extract has been used to treat skin conditions such as acne, psoriasis, and eczema.

In addition to its benefits for skin health, Aloe vera extract has also been shown to have anti-inflammatory properties. The plant contains compounds called polysaccharides that can reduce inflammation in the body, which can help to relieve pain and improve overall health. Aloe vera extract has been used to treat conditions such as arthritis, irritable bowel syndrome, and asthma.

Another health benefit of Aloe vera extract is its ability to boost the immune system. The plant contains compounds that can stimulate the production of white blood cells, which are responsible for fighting off infections and diseases. Aloe vera extract has been used to treat conditions such as colds, flu, and other respiratory infections.

Aloe vera extract has also been shown to have antioxidant properties, which can help to protect the body against damage from free radicals. Free radicals are unstable molecules that can cause cellular damage and contribute to the development of chronic diseases such as cancer and heart disease. Aloe vera extract contains vitamins C and E, as well as other antioxidants, which can help to neutralize free radicals and reduce the risk of these diseases.

Aloe vera extract has been used to improve digestive health. The plant contains enzymes that can break down food and aid in digestion, as well as compounds that can reduce inflammation in the digestive tract. Aloe vera extract has been used to treat conditions such as acid reflux, ulcers, and constipation.

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Milk thistle (seed)

Milk thistle, also known as *Silybum marianum*, is a flowering plant in the daisy family that is native to the Mediterranean region. Its seed has been used for medicinal purposes for over 2,000 years, with evidence of its use dating back to ancient Greece and Rome. Milk thistle was traditionally used as a remedy for liver problems and snake bites, among other ailments.

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Today, Milk thistle is widely recognized for its health benefits, particularly for the liver. The active ingredient in the seed is silymarin, which is a group of flavonoids that have antioxidant and anti-inflammatory properties. Here are some of the specific health benefits of Milk thistle:

Liver support: Milk thistle has been shown to protect and repair liver cells, making it an effective treatment for liver diseases such as hepatitis, cirrhosis, and fatty liver disease.

Antioxidant properties: The silymarin in Milk thistle helps to protect cells from damage caused by free radicals, which can contribute to aging and disease.

Anti-inflammatory effects: Milk thistle has been shown to have anti-inflammatory effects, which can help to reduce inflammation in the body and prevent chronic diseases.

Cancer prevention: The antioxidant properties of Milk thistle may also help to prevent cancer by protecting cells from DNA damage and reducing the growth of cancer cells.

Lowering cholesterol: Milk thistle may also help to lower cholesterol levels in the blood, reducing the risk of heart disease.

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Cilantro (leaf)

Cilantro, also known as coriander or Chinese parsley, is an herb that is widely used in culinary practices around the world. The plant belongs to the Apiaceae family, and its leaves and seeds are commonly used in various dishes for their unique flavor and aroma. Cilantro has been utilized for centuries in traditional medicine practices, and recent scientific studies have confirmed its numerous health benefits.

Cilantro is a rich source of essential vitamins and minerals such as vitamin A, vitamin C, vitamin K, and potassium. It also contains antioxidants and anti-inflammatory compounds that can help improve overall health and prevent chronic diseases. The herb has been used for various medicinal purposes such as treating digestive disorders, anxiety, and arthritis.

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In traditional medicine practices, cilantro has been used to treat digestive problems such as bloating, indigestion, and diarrhea. Recent studies have confirmed these claims, with research showing that cilantro can help improve digestive health by reducing inflammation in the gut and promoting the growth of beneficial gut bacteria.

Cilantro is also known for its ability to reduce anxiety and promote relaxation. It contains a compound called linalool, which has been found to have sedative properties that can help reduce stress and anxiety. Additionally, cilantro has been shown to have anti-inflammatory effects that can help reduce inflammation in the brain, which is believed to be a contributing factor in anxiety and depression.

The anti-inflammatory properties of cilantro make it an effective natural remedy for arthritis. Studies have shown that the herb can help reduce joint pain and swelling by inhibiting the production of inflammatory cytokines in the body.

Other health benefits of cilantro include its ability to improve heart health by reducing cholesterol levels, its antibacterial and antifungal properties that can help prevent infections, and its ability to improve sleep quality by promoting relaxation.

Cilantro is a versatile herb that has been used for centuries in traditional medicine practices for its numerous health benefits. Recent scientific studies have confirmed its ability to improve digestive health, reduce anxiety, and promote relaxation, among other benefits. Its unique flavor and aroma make it a popular ingredient in various dishes around the world, making it an easy and tasty way to incorporate its health benefits into your diet.

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Green tea (leaf)

Green tea, known by its scientific name *Camellia sinensis*, is a plant that has been used for medicinal purposes for centuries. It is native to China, but is now widely cultivated in many parts of the world. Green tea has gained popularity as a beverage due to its numerous health benefits, which are attributed to the presence of antioxidants, flavonoids, and other active compounds.

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For centuries, green tea has been used in traditional Chinese medicine to treat a variety of ailments such as headaches, digestive disorders, and fatigue. Modern research has provided evidence that green tea consumption can provide a range of health benefits such as improving brain function, reducing the risk of cardiovascular diseases, and fighting cancer.

One of the most important health benefits of green tea is its ability to enhance cognitive function. Green tea contains caffeine, which is known to improve brain function and increase alertness. Additionally, it contains an amino acid called L-theanine, which can increase alpha brain waves, leading to a relaxed and focused state of mind.

Green tea has also been linked to reduced risk of heart disease. Studies have shown that regular consumption of green tea can improve cholesterol levels, reduce blood pressure, and lower the risk of stroke. The antioxidants in green tea also protect the heart by reducing oxidative stress and inflammation.

The active compounds in green tea have also been found to have anti-cancer properties. Studies have shown that the catechins in green tea can inhibit the growth of cancer cells and reduce the risk of certain types of cancer such as breast, prostate, and colorectal cancer.

In addition to its anti-cancer properties, green tea also has anti-inflammatory and antimicrobial effects. The antioxidants in green tea can help reduce inflammation, which is associated with many chronic diseases. Green tea has also been found to be effective against a range of microorganisms, including bacteria and viruses.

Green tea is a highly beneficial plant with numerous health benefits. It has been used for centuries in traditional Chinese medicine, and modern research has confirmed its ability to enhance cognitive function, reduce the risk of heart disease, fight cancer, and provide anti-inflammatory and antimicrobial effects.

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Fresh black walnut (hull)

Black walnut is a deciduous tree found in North America and certain parts of Europe. It has been used for centuries as a medicinal herb due to its many health benefits. The hull of the fresh black walnut is particularly valuable for its nutritional properties.

The black walnut hull contains high levels of tannins, which are a type of polyphenol that helps to protect the body against damage from free radicals. Free radicals are unstable molecules that can cause cell damage and lead to chronic disease. The tannins in black walnut hulls help to neutralize these free radicals and prevent them from causing harm.

In addition to its antioxidant properties, black walnut hulls are also rich in vitamins and minerals. They contain vitamin C, vitamin E, vitamin K, and B-complex vitamins, as well as minerals such as magnesium, potassium, and zinc. These nutrients are important for maintaining good health and preventing chronic disease.

One of the traditional uses of black walnut hulls is for the treatment of parasitic infections. The tannins in the hulls are effective at killing parasites, including intestinal worms and other harmful organisms. This makes black walnut hulls a useful natural remedy for parasitic infections, particularly in regions where access to conventional medical treatment may be limited.

Black walnut hulls are also believed to have anti-inflammatory properties, which can help to reduce pain and swelling in the body. This may make them useful for treating conditions such as arthritis, gout, and other inflammatory disorders.

Overall, the health benefits of fresh black walnut hulls are numerous and varied. They are a rich source of nutrients and antioxidants, and have been used for centuries as a natural remedy for a wide range of health conditions.

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Yellow dock (root):

Yellow dock, also known as *Rumex crispus*, is a herbaceous plant that belongs to the Polygonaceae family. It is commonly found in North America, Europe, and Asia, and has been used for its medicinal properties for centuries. The plant's root is the most commonly used part, and it is often consumed as a tea, tincture, or powder.

One of the most notable health benefits of yellow dock root is its ability to detoxify the liver. The plant contains anthraquinones, which stimulate the production of bile, helping to flush out toxins from the liver. It also has a high concentration of iron, making it useful in treating anemia and other blood-related disorders.

Yellow dock root has been used historically to treat skin conditions such as eczema and psoriasis. It contains compounds that have anti-inflammatory properties and can reduce skin irritation and inflammation. Additionally, it has been shown to have antimicrobial properties, making it useful in treating infections of the skin and other areas of the body.

The plant is also an effective laxative, helping to alleviate constipation and improve overall digestive health. It contains compounds that stimulate the digestive system, helping to improve bowel movements and prevent constipation.

In addition to these benefits, yellow dock root has been used traditionally to treat a variety of other conditions, including respiratory infections, urinary tract infections, and arthritis. Some studies have also shown that it may have anti-cancer properties, although more research is needed in this area.

Overall, yellow dock root is a versatile and potent medicinal plant that has been used for centuries to treat a wide range of conditions. Its ability to detoxify the liver, improve digestive health, and treat skin conditions makes it a valuable addition to any herbal medicine cabinet.

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Burdock (root):

Burdock, scientifically known as *Arctium lappa*, is a biennial herbaceous plant that is native to Europe and Asia. It has also been introduced to North America, where it grows as a wild weed. Burdock is well-known for its culinary and medicinal uses, with the root being the most commonly used part. It has been

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used for centuries in traditional medicine to treat a variety of ailments, and modern research has confirmed many of its health benefits.

Burdock has been used for centuries in traditional medicine, particularly in Asian cultures. The Chinese, Japanese, and Korean herbalists used burdock root to treat various health conditions such as sore throat, cough, fever, and skin problems. In Europe, burdock root was used to treat digestive issues, joint pain, and skin problems. Burdock was also used as a blood purifier, diuretic, and laxative. In traditional Ayurvedic medicine, burdock root was used as a blood purifier and liver tonic.

Burdock root has anti-inflammatory properties that help reduce inflammation throughout the body. This makes it effective in treating conditions such as arthritis, gout, and other inflammatory conditions. It also contains antioxidants that help prevent oxidative damage caused by free radicals. This makes it beneficial in reducing the risk of chronic diseases such as cancer, heart disease, and diabetes.

Burdock root has been found to have hypoglycemic properties, making it effective in regulating blood sugar levels. This makes it useful in managing diabetes and preventing complications associated with high blood sugar levels. It has been traditionally used to improve digestive health, as it has diuretic and laxative properties. It is also known to stimulate the production of digestive juices, which aid in digestion and nutrient absorption.

Burdock root has also been used for centuries to treat skin problems such as acne, eczema, and psoriasis. It has anti-inflammatory properties that help reduce inflammation and redness, while its antioxidant properties help prevent oxidative damage to the skin.

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Licorice (root):

Licorice (*Glycyrrhiza glabra*) is a perennial herbaceous plant native to the Mediterranean and parts of Asia. The plant is known for its long, woody roots that contain bioactive compounds with numerous health benefits. Licorice root has been used for medicinal purposes for centuries, with evidence of its use dating back to ancient Egypt and China.

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Licorice root contains a variety of active compounds, including glycyrrhizin, flavonoids, and coumarins, which have anti-inflammatory, anti-viral, anti-bacterial, and anti-tumor properties. These compounds also have the ability to boost the immune system, improve digestive function, and reduce stress and anxiety.

One of the most well-known uses of licorice root is for its ability to soothe coughs and sore throats. The root contains compounds that help to loosen mucus and reduce inflammation in the respiratory tract. This makes it a popular ingredient in cough syrups and throat lozenges.

Licorice root has also been used to improve digestive health. The root can help to reduce inflammation in the gut, which can improve symptoms of conditions like ulcerative colitis and acid reflux. It can also help to relieve constipation and promote healthy bowel movements.

In addition, licorice root has been studied for its potential to help prevent and treat a variety of chronic health conditions, including diabetes, heart disease, and cancer. Some studies have found that the anti-inflammatory and anti-oxidant properties of licorice root can help to reduce the risk of these conditions.

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Turmeric (root):

Turmeric is a spice that has been used for centuries in traditional medicine practices, particularly in India and China. The turmeric root, also known as *Curcuma longa*, is a member of the ginger family and is typically ground into a powder and used as a culinary spice. In recent years, turmeric has gained significant attention for its potential health benefits, particularly for its anti-inflammatory and antioxidant properties.

Turmeric contains a powerful compound called curcumin, which is responsible for many of its health benefits. Curcumin has been shown to have anti-inflammatory properties, which can help reduce inflammation in the body and alleviate symptoms of chronic conditions such as arthritis, inflammatory bowel disease, and certain types of cancer.

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Additionally, curcumin is a potent antioxidant, which means it can help protect the body from oxidative stress caused by free radicals. This can help prevent cell damage and reduce the risk of chronic diseases such as heart disease and diabetes.

In traditional medicine practices, turmeric has been used to treat a variety of ailments, including digestive issues, respiratory problems, and skin conditions. In Ayurvedic medicine, turmeric has been used as a natural remedy for depression and anxiety.

Recent studies have provided evidence to support some of these traditional uses of turmeric. For example, a 2017 study published in the *Journal of Medicinal Food* found that a combination of curcumin and black pepper extract improved symptoms of depression in individuals with major depressive disorder.

Another study, published in the journal *BMC Complementary and Alternative Medicine* in 2016, found that curcumin was effective in reducing joint pain and swelling in individuals with osteoarthritis.

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Dandelion (root and leaf):

Dandelion is a common herbaceous plant that belongs to the Asteraceae family. It is native to Europe and Asia, but it can be found throughout the world. The plant is characterized by its bright yellow flowers and deeply toothed leaves, which are edible and have been used for medicinal purposes for centuries.

Dandelion has been used for centuries as a natural remedy for a wide range of ailments, including digestive issues, liver problems, skin conditions, and urinary tract infections. The root and leaves of the plant contain a variety of active compounds, including inulin, taraxasterol, and chlorogenic acid, which are believed to be responsible for its health benefits.

Dandelion has a long history of use in traditional medicine, dating back to ancient Greece and Rome. The ancient Egyptians, Romans, and Greeks used dandelion to treat a variety of ailments, including digestive problems, fevers, and skin conditions. Dandelion was also used as a natural diuretic, to promote urine flow, and as a detoxifying agent to help cleanse the liver and kidneys.

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Dandelion is commonly used to improve digestive health, as it helps stimulate the production of bile, which is necessary for the digestion and absorption of fats. It may also help relieve symptoms of indigestion, bloating, and constipation. It has also been shown to have a protective effect on the liver, as it helps stimulate the production of enzymes that help detoxify the liver and eliminate toxins from the body. It may also help reduce inflammation in the liver and improve liver function.

Dandelion contains antioxidants and other nutrients that may help boost the immune system, helping the body fight off infections and diseases. It is believed to have beneficial effects on the skin, as it may help reduce inflammation and irritation, promote healthy skin cell growth, and provide relief for conditions such as acne, eczema, and psoriasis. It is a natural diuretic that may help promote urine flow and flush out bacteria from the urinary tract, reducing the risk of urinary tract infections.

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Gentian (root):

Gentian is a medicinal plant that has been used for centuries for its various health benefits. It is a perennial herb that belongs to the Gentianaceae family and is native to the mountainous regions of Europe, Asia, and North America. The plant can grow up to five feet tall and has bright blue, trumpet-shaped flowers that bloom in the summer.

The Gentian root is the part of the plant that is most commonly used for medicinal purposes. It contains a group of bitter compounds called secoiridoids, which are believed to be responsible for many of the plant's health benefits.

One of the most well-known health benefits of Gentian root is its ability to aid digestion. The bitter compounds in the root stimulate the production of digestive juices, which can help to relieve symptoms such as bloating, gas, and indigestion. Gentian root has also been shown to increase the production of bile, which helps to break down fats in the digestive system.

In addition to its digestive benefits, Gentian root has been used to treat a variety of other health conditions. It has been shown to have anti-inflammatory properties, which can help to reduce swelling and pain in the body. It has also been used as a natural remedy for fever, headaches, and respiratory infections.

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Gentian root has a long history of use in traditional medicine. It was first described by the ancient Greek physician Hippocrates, who used it to treat digestive disorders. In traditional Chinese medicine, Gentian root is used to treat a variety of health conditions, including fever, diarrhea, and liver and gallbladder disorders.

Scientific studies have also provided evidence of the health benefits of Gentian root. A study published in the *Journal of Ethnopharmacology* found that Gentian root extract had anti-inflammatory and antioxidant effects in rats with arthritis. Another study published in the *Journal of Agricultural and Food Chemistry* found that Gentian root extract had antitumor effects in mice with cancer.

In short, Gentian root is a natural remedy that has been used for centuries for its various health benefits. Its bitter compounds have been shown to aid digestion, reduce inflammation, and treat a variety of other health conditions. Its long history of use in traditional medicine is supported by scientific evidence, making it a valuable addition to any natural medicine cabinet.

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Fresh ginger (root):

Ginger, scientifically known as *Zingiber officinale*, is a flowering plant that belongs to the family Zingiberaceae. It is widely cultivated for its rhizome, which is a knobby, underground stem that is used as a spice and a natural remedy for various health conditions.

The use of ginger as a medicinal plant dates back to ancient times, where it was widely used in traditional Chinese medicine, Ayurvedic medicine, and in the Greek and Roman empires. Throughout history, ginger has been used to alleviate a range of health problems, including nausea, vomiting, inflammation, pain, and respiratory issues.

Recent research has shown that ginger is a rich source of bioactive compounds, such as gingerols, shogaols, and zingerones, which possess powerful antioxidant, anti-inflammatory, and anti-cancer properties. These compounds have been shown to provide a wide range of health benefits.

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One of the most well-known health benefits of ginger is its ability to alleviate nausea and vomiting. Studies have shown that ginger can be effective in reducing the symptoms of morning sickness, motion sickness, and nausea associated with chemotherapy. Additionally, ginger has been found to be effective in reducing menstrual pain and migraines.

Ginger has also been shown to possess anti-inflammatory properties, which can help reduce the risk of chronic diseases such as diabetes, heart disease, and cancer. The anti-inflammatory effects of ginger are attributed to its ability to inhibit the production of pro-inflammatory cytokines and enzymes, which can trigger inflammation in the body.

Ginger has been shown to have a positive effect on digestive health. It can help alleviate indigestion, constipation, and bloating, and may even reduce the risk of gastrointestinal cancer. Other potential health benefits of ginger include its ability to lower blood sugar levels, improve brain function, and enhance immunity.

In summary, ginger is a plant with a long history of use in traditional medicine, and recent research has shown that it possesses a wide range of health benefits. From reducing nausea and vomiting to reducing inflammation and improving digestive health, ginger may be an effective natural remedy for many health conditions.

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Red clover (flower):

Red clover (*Trifolium pratense*) is a plant belonging to the legume family, commonly found in meadows and fields throughout Europe, Asia, and North America. It has a rich history of use in traditional medicine as well as in modern scientific research for its various health benefits.

Red clover contains many biologically active compounds, including flavonoids, isoflavones, and coumarins, which have been shown to possess antioxidant, anti-inflammatory, and anticancer properties. One of the most important isoflavones in red clover is genistein, which has been found to have estrogen-like effects on the body, making it useful in treating menopausal symptoms and preventing bone loss in postmenopausal women.

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Red clover has been used traditionally for a variety of conditions, including coughs, asthma, skin infections, and even cancer. The flowers have been used to make a tea, which is believed to have a calming effect on the nerves, promote relaxation, and improve sleep quality. In addition, red clover is often used in combination with other herbs to improve the immune system, detoxify the body, and promote overall health.

Modern scientific research has also confirmed many of the traditional uses of red clover. For example, studies have found that red clover extracts can lower blood pressure, improve cholesterol levels, reduce inflammation, and improve insulin sensitivity. In addition, red clover has been found to have anti-cancer properties and may be useful in preventing or treating certain types of cancer, such as breast cancer and prostate cancer.

One of the key health benefits of red clover is its ability to alleviate menopausal symptoms. Several clinical studies have found that red clover extracts can reduce hot flashes, night sweats, and other symptoms of menopause. In addition, red clover may also help prevent osteoporosis by improving bone density and reducing bone loss in postmenopausal women.

Overall, red clover is a versatile plant with many potential health benefits. While more research is needed to fully understand its mechanisms of action and potential side effects, red clover remains a promising natural remedy for a variety of health conditions.

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Slippery elm (bark):

Slippery elm, or *Ulmus rubra*, is a tree native to North America that has a long history of use in traditional medicine. The inner bark of the tree has been used for centuries to treat various health conditions due to its high mucilage content, which gives it a slippery texture when mixed with water.

One of the primary health benefits of slippery elm bark is its ability to soothe and coat irritated tissues in the digestive system. This makes it a popular remedy for conditions like acid reflux, gastritis, and inflammatory bowel disease. The mucilage in slippery elm bark is believed to form a protective barrier along the lining of the digestive tract, helping to reduce inflammation and irritation.

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In addition to its digestive benefits, slippery elm bark is also known for its ability to soothe sore throats and coughs. When mixed with water, the bark forms a thick gel-like substance that can help to lubricate the throat and reduce irritation.

Slippery elm bark has also been used topically to treat skin conditions like burns, wounds, and rashes. The mucilage in the bark is believed to help reduce inflammation and promote healing, making it a popular remedy for a variety of skin ailments.

The use of slippery elm bark in traditional medicine dates back to Native American tribes, who used it to treat wounds, sore throats, and digestive issues. European settlers in North America quickly adopted the use of the herb and it became a popular remedy throughout the 19th and early 20th centuries.

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Uva ursi (leaf):

Uva ursi, also known as bearberry, is a low-growing evergreen shrub that belongs to the Ericaceae family. It is native to the northern hemisphere and is found in regions of Europe, Asia, and North America. The leaves of the plant contain a compound called arbutin, which is believed to have medicinal properties.

Uva ursi has a long history of use in traditional medicine for various conditions. Native American tribes used it to treat urinary tract infections, and it was also used in traditional Chinese medicine to treat kidney and bladder problems. In Europe, it was used as a diuretic and to treat kidney stones. In the 19th century, it was listed in the United States Pharmacopoeia as a treatment for urinary tract infections.

Uva ursi is primarily used for its antibacterial properties, particularly for treating urinary tract infections. The arbutin in the plant is converted into hydroquinone in the body, which has antimicrobial properties. It is believed to work by inhibiting the growth of bacteria and reducing inflammation in the urinary tract. Uva ursi is also a natural diuretic, which can help to flush out the urinary tract and prevent the growth of bacteria.

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In addition to its use in treating urinary tract infections, uva ursi has been studied for its potential benefits for other conditions. It has been shown to have anti-inflammatory and antioxidant properties, which may make it useful in treating conditions such as arthritis and other inflammatory disorders. It has also been studied for its potential to reduce blood sugar levels in people with diabetes.

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Artichoke (leaf):

Artichoke is a perennial plant belonging to the Asteraceae family, with the scientific name *Cynara scolymus*. It is native to the Mediterranean region and has been cultivated for centuries as a food and medicinal plant. The plant has a tall stem, grayish-green leaves, and produces large edible flower buds, which are commonly eaten as a vegetable. However, the leaves of the artichoke plant are also used for their health benefits and have been used for centuries in traditional medicine.

Artichoke has been used as a medicinal plant for over 2,000 years, and its use dates back to ancient Greek and Roman times. The plant was originally used to treat digestive disorders, and the ancient Greeks believed that it could stimulate bile production and help with liver function. The Romans also used artichoke as a digestive aid and believed it had diuretic properties.

In the 16th century, artichoke was introduced to Europe and became popular as a food and medicinal plant. During this time, it was used to treat a wide range of ailments, including liver and gallbladder disorders, rheumatism, and anemia.

Artichoke leaf extract has been shown to improve digestion by increasing bile production and reducing symptoms of irritable bowel syndrome (IBS) and indigestion. It has also been shown to protect the liver and improve liver function by increasing bile flow, reducing inflammation, and preventing oxidative stress.

Artichoke leaf extract has been shown to lower cholesterol levels and improve blood sugar control in people with diabetes, and may help reduce blood pressure and improve cardiovascular health by reducing inflammation and oxidative stress. Artichoke leaf extract has been shown to have anti-cancer properties and may help prevent the growth and spread of cancer cells.

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Garlic (bulb):

Garlic (*Allium sativum*) is a bulbous perennial plant that belongs to the onion family. It is known for its pungent odor and distinctive taste and has been used in various cultures as a food ingredient, spice, and medicinal herb for thousands of years.

The origins of garlic are unclear, but it is believed to have originated in central Asia, with records of its use dating back to ancient Egypt, where it was used as a medicine, spice, and food. It was also used in ancient Greek and Roman cultures and was considered a symbol of strength and endurance.

Garlic has numerous health benefits, many of which are attributed to its sulfur-containing compounds, such as allicin, diallyl sulfide, and S-allyl cysteine. These compounds are responsible for the characteristic odor and flavor of garlic and are also believed to contribute to its health-promoting properties.

One of the most well-known health benefits of garlic is its ability to boost the immune system. Garlic has been shown to have antimicrobial, antiviral, and anti-inflammatory properties, which can help protect the body from infections and other diseases.

Garlic is also believed to have cardiovascular benefits. Studies have shown that garlic can lower blood pressure, reduce cholesterol levels, and improve blood flow, all of which can help reduce the risk of heart disease.

Other potential health benefits of garlic include its ability to improve cognitive function, reduce the risk of certain types of cancer, and help regulate blood sugar levels in people with diabetes.

Garlic has been used for thousands of years as a food, spice, and medicinal herb, and has numerous health benefits that have been supported by scientific research. For most people, incorporating garlic into their diet can be a simple and effective way to support overall health and wellness.

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Astragalus (root):

Astragalus is a plant that has been used for centuries in traditional Chinese medicine as a tonic to strengthen the body and improve overall health. The root of the plant contains active compounds that have been studied for their potential health benefits.

Astragalus is a plant that belongs to the legume family and is native to China, Mongolia, and Korea. It is also known as milkvetch root or huang qi. The plant can grow up to 4 feet tall and has small yellow flowers. The root of the plant is harvested for medicinal purposes and is typically dried and used in teas, capsules, and tinctures.

Astragalus root contains a number of active compounds, including saponins, flavonoids, and polysaccharides, that have been studied for their potential health benefits. It has been shown to stimulate the immune system and increase the production of white blood cells, which can help fight off infections and diseases. It contains compounds that have anti-inflammatory properties, which may help reduce inflammation throughout the body.

Astragalus root has been shown to improve heart function and lower blood pressure in some studies while other have suggested that Astragalus root may have anti-aging effects, possibly by protecting against oxidative stress and inflammation. Some laboratory studies have shown that Astragalus root may even have anti-cancer properties.

In short, astragalus root has been used for centuries in traditional Chinese medicine to treat a variety of health conditions, including fatigue, colds and flu, and digestive issues. In recent years, it has gained popularity as a supplement for immune system support and overall health.

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Oregano (leaf) oil:

Oregano, scientifically known as *Origanum vulgare*, is a herbaceous plant that belongs to the mint family. It is native to the Mediterranean region and has been used for medicinal purposes for thousands of years. Oregano oil is derived from the leaves of the plant through steam distillation, and it has a high concentration of phenolic compounds, such as carvacrol, thymol, and rosmarinic acid, which are responsible for its many health benefits.

Historically, oregano has been used by many cultures for its medicinal properties. The ancient Greeks used it to treat respiratory and digestive ailments, while the Egyptians used it for its antiseptic properties. In modern times, oregano oil has been studied extensively for its antimicrobial, antioxidant, and anti-inflammatory properties, which have been shown to provide many health benefits.

One of the most significant health benefits of oregano oil is its ability to fight bacteria and other microorganisms. Studies have shown that oregano oil is effective against a wide range of bacteria, including antibiotic-resistant strains such as MRSA. This makes it a valuable natural alternative to antibiotics, which can have harmful side effects and contribute to the development of antibiotic-resistant bacteria.

Oregano oil has also been shown to have antiviral properties, making it potentially useful for fighting viral infections such as the common cold and flu. Additionally, it has anti-inflammatory properties, which can help to reduce inflammation in the body and relieve pain.

Other potential health benefits of oregano oil include its ability to improve digestion, boost the immune system, and protect against oxidative damage. Some studies have also suggested that it may have anti-cancer properties.

Oregano oil is a potent natural remedy with many potential health benefits. Its long history of use in traditional medicine, combined with modern scientific research, has demonstrated its effectiveness against a wide range of health conditions.

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Wasabi (root):

Wasabi (*Wasabia japonica*) is a plant native to Japan and is known for its unique spicy and pungent flavor. It is a member of the Brassicaceae family, which includes other cruciferous vegetables like broccoli, cauliflower, and cabbage. The plant's stem and rhizome, or root, are commonly used in culinary preparations, particularly in Japanese cuisine.

Apart from being a popular ingredient in sushi and other Japanese dishes, wasabi has been used for centuries in traditional medicine for its numerous health benefits. The plant's active compounds, such as isothiocyanates and glucosinolates, have been shown to possess antimicrobial, anti-inflammatory, and anticancer properties, among others.

One of the most significant health benefits of wasabi is its ability to inhibit the growth of harmful bacteria in the digestive system. Studies have found that the plant's active compounds can help prevent the growth of *Helicobacter pylori*, a type of bacteria that is known to cause stomach ulcers and other digestive problems.

Wasabi has also been found to have anti-inflammatory properties that can help alleviate pain and inflammation in the body. A study published in the Journal of Agricultural and Food Chemistry found that the plant's active compounds could inhibit the production of pro-inflammatory cytokines, which are involved in the body's immune response.

In addition to its anti-inflammatory properties, wasabi has also been shown to have anticancer effects. Studies have found that the plant's active compounds can help prevent the growth and spread of cancer cells, particularly in the stomach and colon.

Furthermore, wasabi has been found to have cardiovascular benefits. A study published in the Journal of Agricultural and Food Chemistry found that the plant's active compounds could help lower blood pressure and improve blood flow, which may reduce the risk of heart disease and stroke.

Wasabi has been found to have antibacterial and antifungal properties that can help prevent infections. A study published in the Journal of Food Protection found that the plant's active compounds could inhibit the growth of various pathogenic bacteria and fungi. Its active compounds possess antimicrobial, anti-inflammatory, anticancer, and cardiovascular properties, among others, and can help prevent infections and alleviate pain and inflammation.

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Clove (bud):

Clove (*Syzygium aromaticum*) is a small, evergreen tree native to Indonesia, and is now grown in many parts of the world, including India, Sri Lanka, and Tanzania. The clove bud, which is the dried, unopened flower bud, is commonly used as a spice in many cuisines and is also known for its medicinal properties.

Clove has a long history of use in traditional medicine, particularly in Ayurveda, Chinese, and African medicine. Its use can be traced back to ancient times, with evidence of its use found in texts dating back to the Han dynasty in China (206 BC-220 AD) and the Ayurvedic texts of India.

One of the primary active components of clove is eugenol, which has been shown to have anti-inflammatory, antioxidant, and anti-microbial properties. Clove has been studied extensively for its health benefits, and research has shown that it may help with a range of health conditions. Clove has been used for centuries as a natural remedy for toothaches and dental pain. Its analgesic properties may help to numb the pain associated with toothaches, and its antibacterial properties may help to reduce the risk of dental infections.

Clove has been shown to help improve digestive function and may help to reduce symptoms of digestive disorders such as bloating, gas, and nausea. It may also help to promote healthy gut bacteria. It has also been used as a natural remedy for respiratory conditions such as bronchitis, asthma, and coughs. Its anti-inflammatory properties may help to reduce inflammation in the respiratory system and ease breathing.

Studies have shown that clove may help to regulate blood sugar levels and improve insulin sensitivity, making it a potentially useful supplement for people with diabetes. It may also help to reduce pain and inflammation in conditions such as arthritis, headaches, and menstrual cramps.

Clove is a versatile spice with a long history of use in traditional medicine for its many health benefits. Its active compound eugenol has been shown to have anti-inflammatory, antioxidant, and anti-microbial properties that may help to improve dental, digestive, respiratory, and pain-related health conditions.

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Stevia (leaf)

Stevia, also known as *Stevia rebaudiana*, is a plant that is native to Paraguay and Brazil. It has been used for centuries by indigenous populations in these areas as a natural sweetener and medicinal herb. Stevia contains several compounds called steviol glycosides, which are responsible for its intense sweetness and health benefits.

One of the most significant health benefits of stevia is its ability to help regulate blood sugar levels. Steviol glycosides do not affect blood glucose levels in the same way as sugar does, making stevia a popular alternative for those with diabetes or metabolic disorders. Several studies have shown that stevia can help reduce blood sugar levels and improve insulin sensitivity in both healthy and diabetic individuals.

Stevia may also have a beneficial effect on blood pressure, as some research suggests that stevia can help lower high blood pressure levels. Additionally, stevia has been found to have anti-inflammatory and antioxidant properties, which can help protect the body against chronic diseases such as heart disease and cancer.

Moreover, stevia has a positive impact on dental health. Unlike sugar, stevia does not contribute to tooth decay, and some studies have shown that it may actually help prevent cavities by reducing the amount of harmful bacteria in the mouth.

Historically, stevia has been used for medicinal purposes as well. Indigenous populations have used it to treat various ailments, including gastrointestinal issues, skin disorders, and wound healing. Recent research has also suggested that stevia may have antimicrobial properties, making it a potential treatment for infections caused by bacteria and fungi.

Stevia is a natural sweetener with a long history of use by indigenous populations for both culinary and medicinal purposes. Scientific research has shown that it has several potential health benefits, including regulating blood sugar and blood pressure levels, reducing inflammation, providing antioxidants, and

improving dental health. Its antimicrobial properties may also make it a useful treatment for various infections.

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Cayenne:

Cayenne, also known as *Capsicum annuum*, is a plant from the Solanaceae family that is widely used as a spice in many cuisines around the world. This plant is native to South and Central America, but it is now cultivated in many other regions of the world, including Asia, Africa, and Europe. The active component of cayenne that provides the spice is capsaicin, which is a natural compound with many potential health benefits.

Historically, cayenne has been used for medicinal purposes by many cultures around the world, including the ancient Greeks, Chinese, and Native Americans. Its use in traditional medicine is supported by modern scientific research, which has identified a range of potential health benefits associated with cayenne consumption.

One of the most well-known benefits of cayenne is its ability to alleviate pain. Capsaicin has been shown to block pain signals in the nervous system, which makes it an effective natural pain reliever. Studies have also found that capsaicin can help relieve arthritis pain, neuropathic pain, and pain associated with migraines.

Cayenne is also known to have anti-inflammatory properties. Inflammation is a common underlying factor in many chronic diseases, including heart disease, cancer, and Alzheimer's disease. Capsaicin has been shown to reduce inflammation in the body, which can help prevent and manage these diseases.

Another benefit of cayenne is its potential to boost metabolism and aid in weight loss. Capsaicin has been found to increase thermogenesis, which is the process by which the body burns calories to produce heat. This can help increase calorie burning and aid in weight loss efforts.

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In addition to its potential health benefits, cayenne is also a rich source of vitamins and minerals. It contains high levels of vitamin C, vitamin A, and potassium, which are all important for overall health and wellbeing.

Overall, the health benefits of cayenne are many and varied. From reducing pain and inflammation to boosting metabolism and aiding in weight loss, cayenne is a natural and effective way to promote good health.

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Supplement Facts

Amount per serving

PURE™ Proprietary Cleansing Blend 750mg

Cascara sagrada (bark), aloe vera (leaf) extract, milk thistle (seed), cilantro (leaf), green tea (leaf), fresh black walnut (hull), yellow dock (root), burdock (root), licorice (root), turmeric (root), dandelion (root), gentian (root), fresh ginger (root), red clover (flower), slippery elm (bark), uva ursi (leaf), dandelion (leaf), artichoke (leaf), garlic (bulb), astragalus (root), oregano (leaf) oil, wasabi (root), clove (bud), stevia (leaf) extract, cayenne (fruit)

† Daily Value not established

Other Ingredients: Vegetable glycerin, deionized water and peppermint oil.

Contains: Tree nuts (walnut).