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# Preparing for the Cold Season

## Rebuild the Immune System with *Pau D'Arco Plus*

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An ounce of prevention is worth a pound of cure. While this statement has been around a long time, it has, unfortunately, lost its popularity. However, it is still just as true today. Preparation for the winter season can make a big difference in how your body will stand up against temperature change and increased exposure to bacteria and viruses compared to those who did not prepare.

The Scriptures say that the life of the flesh is in the blood (Leviticus 17:11). Making sure the blood is clean and healthy has dramatic effects on the body. As a normal function of everyday living, waste products are created when energy is used. Without periodic assistance for cleansing, this waste can build up in the blood. This creates an improper ratio in the blood of more toxins and less oxygen. This imbalance can cause other problems such as low energy, lower back pain, shortness of breath, lack of mental clarity, longer healing time for tissues, and less resistance to foreign invaders. Keeping the blood clean is vital at all times, but even more so in the winter when there is a constant barrage of external intruders.

When cleaning a room in the house, many times the room gets “dirtier” during the process before the final result is achieved. Dust and debris that have been accumulating since the last cleaning get stirred up. The same process can happen in the blood. In order to eliminate toxins and other substances must get “activated” and mobilized. For this reason, it is beneficial to have extra support for the immune system

during the cleaning process. A healthy immune system can keep the defenses strong and assist in escorting the unwanted materials out of the body.

One of the foreign invaders that can build up in the blood over time is fungus. While a healthy immune system is essential, adding some herbs that specialize in anti-fungal

(Continued on page 4)

### Featured Combination

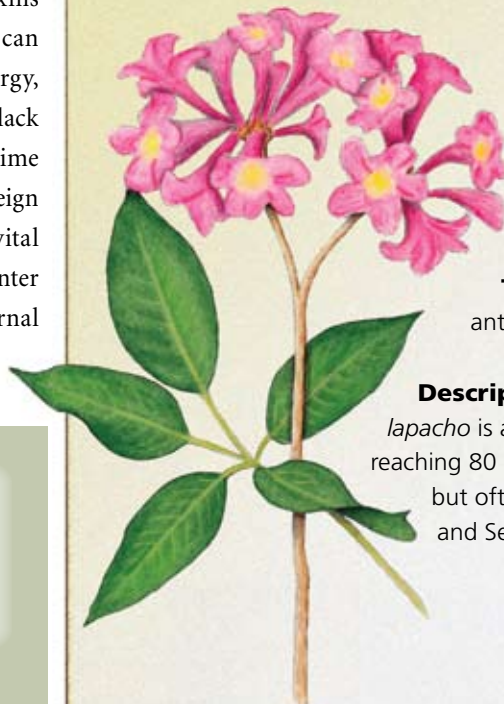
#### Pau D'Arco Plus

This formula is designed to both expel candida albicans and rebuild the immune system. It contains pau d' arco, reishi mushrooms, usnea, thyme, echinacea, burdock, red clover and volatile oils.

SUGGESTED RETAIL 4 oz. | \$24.00



### Breakdown of Ingredients



#### Pau D'Arco (*Tabebuia impetiginosa*)

**Traditional Use:** blood purifier, prostate, antitumor, immunity

**Description:** Common in Argentina and Bolivia, the *pink lapacho* is a large deciduous tree, with trunks sometimes reaching 80 cm width and 30 m height. It has a large, globous, but often sparse canopy. Trees will flower between July and September.

A special Publication for our valued customers designed to encourage and enhance their use of Limited Edition Herbs, Inc. MultiTracts™

Ingredients continued on page 2



# Pau D'Arco Plus

breakdown of ingredients continued:

## Echinacea (*Echinacea purpurea*)

**Traditional Use:** infections, lymph glands, prostate problems, blood builder

**Description:** Recognizable by its purple cone-shaped flowers, echinacea is commonly grown in eastern North America as an ornamental perennial. Blooms begin to appear in late May or early July. Echinacea is a drought-tolerant plant growing to 1 or 2 meters in height. Although purple flowers are most common, additional species also include yellow or white flowers.



## Red Clover (*Trifolium pratense*)

**Traditional Use:** antibiotic, blood purifier, appetite suppressant, relaxant

**Description:** This herbaceous perennial plant can grow anywhere between 20 and 80 cm tall. Red clover is identified by its dark pink flowers and leaves with a characteristic pale crescent in the outer half of the leaf. Native to Europe, western Asia, and northwest Africa, red clover is widely grown as a fodder crop.

## Burdock (*Arcetium minus*)

**Traditional Use:** blood purifier, liver detox, gout, arthritis, skin blemishes

**Description:** Burdock is a biennial thistle that grows wild throughout most of North America, Europe, and Asia. They have dark green leaves that can grow up to 45 cm long with a woolly underneath and leafstalks that are generally hollow. The flowers are purple and appear in mid-summer. The capitula are surrounded by an involucre made out of many bracts, each curving to form a hook, allowing them to be carried long distances on the fur of animals.





## Thyme *(Thymus vulgaris)*

**Traditional Use:** coughs, colds, indigestion, antiseptic, expectorant

**Description:** Thyme is a much-branching subshrub with woody stems that will grow up to 38 cm tall. There are numerous small, pointed, strongly aromatic leaves, and the flowers are typically white, pink or purple with dense terminal heads.

## Usnea *(Usnea australis)*

**Traditional Use:** antibacterial, antibiotic, anti-fungal, anti-viral, diuretic

**Description:** Usnea is a lichen that generally grows hanging from tree branches, resembling grey or greenish hair. It looks very similar to Spanish moss. Found growing all over the world, usnea is very sensitive to air pollution, especially sulfur dioxide. Where the air is unpolluted, they can grow to 10-20 cm long.

## Reishi Mushroom *(Ganoderma lucidum)*

**Traditional Use:** high blood pressure, high cholesterol, obesity, immune enhancer

**Description:** Growing from the stumps or roots of broadleaf trees in Europe and China, this fungus has a long-stalked, shiny, chestnut-brown fruit-body. This polypore mushroom has a flat, kidney-shaped cap and, depending on specimen age, white or dull brown pores underneath (its method for releasing spores rather than the familiar gills on the underside of other mushrooms).

# Additional Products

## Blessed Thistle

Traditional Use: carries oxygen to the brain, senility, increases mother's milk

SUGGESTED RETAIL 4 oz. | \$22.00

## Horehound

Traditional Use: expectorant, antispasmodic, relaxes smooth muscles in the lungs

SUGGESTED RETAIL 4 oz. | \$22.00

## White Willow

Traditional Use: pain killer, anti-inflammatory, fever astringent

SUGGESTED RETAIL 4 oz. | \$22.00

## Candosolve

An antibacterial formula of herbs created and used extensively by America's foremost Amish herbalist for various fungal conditions. Ingredients consist of chaparral, white pond lily, pau d'arco, black walnut, and olive leaf.

SUGGESTED RETAIL 4 oz. | \$24.00

## Iodine Combination

This special blend of black walnut, bladderwrack, dulse, Irish moss, kelp and essential oils help to build and nourish the thyroid, strengthening overall health.

SUGGESTED RETAIL 4 oz. | \$24.00

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease.*



*(Continued from page 1)*

properties make the process even easier. Pau D'Arco, Usnea, and Reishi Mushrooms offer support in this area.

The liver stores up to one fourth of the entire blood supply when at rest. This shows the importance of the liver to clean and build the blood in order to have the best possible ratio of nutrients versus waste. Increasing the foods and herbs such as burdock and red clover for proper liver function empowers the blood cleansing and building process.

The kidneys also work hard to filter the blood. The body needs about half of its weight in ounces of good water daily for normal function. Without adequate amounts of good water, the physical demand on the urinary system can be overwhelming. When cleaning the blood, this workload is even greater. Therefore, the body requires even more good water for the elimination process to be efficient and effective.

Pau D'Arco Plus combines all these ingredients together to help the body be prepared for the coming winter because the better the blood, the better the body.

Limited Edition Herbs, Inc.

# MultiTract™ Process

## *Three Step Process*

In **step one**, the herbs are dried. MultiTracts cannot be made with fresh herbs because the enzymes in the live plant cause the preparation to “mother.” Therefore, the enzymes must be deactivated by drying. Also, drying enhances the bitter principles in the herb and is essential for “mellowing” certain bitter-tasting herbs like cascara sagrada and barberry.

In **step two**, the herbs are tinctured in water and glycerine for five days. Using a special incubation process, the herbs are kept warm enough to encourage maximum enzyme action for the extraction process, yet below the temperature which would destroy valuable vitamins, enzymes or other “live” properties of the plants. This step also extracts many of the sweet or mucilaginous qualities of the herb. Limited Edition Herbs, Inc. uses only the highest quality herbs and, if available, herbs which are organically grown.

**Step three** uses a sealed pressurized process which captures the aromatic components of the plant (volatile oils and resins) into a glycerine-water solution. Here the use of glycerine instead of alcohol is especially valuable. Alcohol dissolves volatile oils and destroys some of their therapeutic qualities, while glycerine captures volatile oils and allows them to remain intact.

Finally, a boiling water extract is made to capture the remaining trace minerals, plus many of the bitter and astringent compounds which require heat to break them free from the plant fiber. This boiling water extract is then concentrated by simmering until it reaches about 20% of its original volume.

**Limited Edition Herbs, Inc.'s Combination Formula MultiTracts™** are

made by combining the extract in step three with the extracts in steps one and two. Only when each individual MultiTract has cooled are they combined. This maintains the integrity of each herb and keeps them from chemically reacting to each other under the heat and pressure of the MultiTract process. Most of the MultiTract combinations are also fortified with a volatile oil blend which catalyses and enhances the action of the herbs in the formula. These aromatherapy blends are some of the most powerful natural health products available.

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