



Gold 360

Ancient Botanical Formula *for* Vitality and Healing



THE CHRONIC LYME DISEASE SERIES



Jenna S. Smith

*"There are only two ways to live your life.
One is as though there are no miracles.
The other is as though everything is a miracle."*

Albert Einstein

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DISCLAIMER:

Don't proceed with any treatment protocol without the full support of your Lyme disease specialist. If you don't have one, please find one as soon as possible.

It is vitally important that you find and work with a Lyme disease specialist who can:

- *Try different treatment protocols, and monitor which works best;*
- *Support you through potentially severe Herxheimer reactions (that means your treatment is working);*
- *Manage various symptoms that persist during treatment;*
- *Evaluate whether parasites or co-infections are complicating your disease;*
- *Help you keep your sanity with emotional comfort and support;*
- *Present the most promising of emerging treatment protocols;*
- *Monitor and protect the healthy function of your primary organs through recovery;*
- *Provide appropriate diet, exercise and supplements for total recovery.*

*

The author of this book is not a licensed medical practitioner or a medical doctor, and is writing this information from research and personal experience.

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Always discuss new health supplements with your primary care physician before starting a new health protocol.

Introduction

Most Westerners are completely illiterate when it comes to oriental medicine. Yoga, acupuncture and/or acupressure aside, Westerners are taught very little about the history of medicine in other countries.

It requires medical school to get even a basic education on the medical practices of Middle Eastern and Eastern countries treatments because the expansionism of British into India disregarded the centuries of successful medical practices and judged the local natives to be lacking intelligence because of a the significant difference in cultures.

China was protected from Western interference for thousands of years, and therefore the sacred trust and medical secrets of the Chinese have been meticulously recorded.

Gold 360 is the combination of two cultural medical protocols reserved exclusively for the royalty for over 5000 years: In India, the formula is

Chayavanprash. It is also known as Amla Royale, and is considered by those who have studied it to be the foremost of all rasayanas (health tonics) and an herbal masterpiece.

Gold 360 imports Level 10 Chayavanprash which is the highest quality available in the US, and mixes it with a secret Korean formula that uses live stem cells.

A story is told how St. Chayavana was given this formula from heaven to heal all diseases from old age and weaknesses, and for over 5000 years the formula has been used successfully for the following health benefits:

- ***Delivers vibrant energy***
- ***Rejuvenator of body and mind***
- ***Strengthens immune system and expedites the body's ability to heal***
- ***Strengthens heart and brain***
- ***Increases intelligence, memory and comeliness of body***
- ***Helps purify blood***
- ***Invigorates the liver***
- ***Helps eliminate toxins***
- ***Promotes healthy hair growth, strong bones and teeth***
- ***Fights dermal bacterial infections***
- ***Extends lifespan and improves muscle tone***

If you are reading this e-book, ***you or a loved one is probably suffering with chronic illness, or more specifically chronic Lyme disease.***

Hopefully you already know that scientists have recently discovered that most of us who are suffering with Lyme disease, are suffering from a unique and virulent species of Lyme that enters your body in one form and immediately mutates into a completely different species within its host to avoid detection by the immune system— making the number of species impossible to project – in fact, according to scientists at Tulane University, there are different species for every organ in each person’s body.

This virulent strain did not exist before World War II – it became the 21st known strain of Borrelia.

Accordingly, there are now increasingly different antibiotic “cocktails” that are selected based on primary infection, co-infection, probable strain and personal chemistry.

However, even those who have taken the prescribed “cocktail” - the massive amounts of antibiotics and the great length of time indicated (several years or more is not uncommon), and still the symptoms return.

There are also increasing numbers of alternative treatments which makes the medical climate of Lyme disease very frightening. Add to that, differing “expert” opinions, and we become desperate – feeling abandoned by the western medical establishment and our anxiety spirals out of control as we become sicker and yet we are forced to research and make treatment decisions at a vulnerable time when most of us are bumping into walls with “brain fog.”

As time goes by and our symptoms don’t improve, so we may try several protocols at the same time. It becomes even more dizzying trying to figure out which treatment is working, which is causing the Herxheimer reaction, which is a waste of time and money?

It is important to cling to hope. Hope that the medical establishment will work towards a cure and vaccine sooner rather than later, and hope that we will get better, but it is important to remember that the path will be different for each of us.

Chapter One – The Immune System

An **immune system** is a collection of biological processes within an organism that protects against disease by identifying and killing pathogens, harmful bacteria, viruses and tumor cells.

It detects a wide variety of agents, from viruses to parasitic worms, and needs to distinguish them from the organism's own healthy cells and tissues in order to function properly.

Detection is complicated as pathogens can evolve rapidly; producing adaptations that avoid the immune system such as Lyme disease, and allow the pathogens to successfully infect their hosts, in some cases causing death.

To survive this challenge, multiple mechanisms evolved that recognize and neutralize pathogens. Even simple unicellular organisms such as bacteria possess enzyme systems that protect against viral infections. Other basic immune

mechanisms evolved in ancient eukaryotes and remain in their modern descendants, such as plants, fish, reptiles and insects.

Vertebrates such as humans have are even more sophisticated defense mechanisms.

The immune systems of vertebrates consist of many types of protein, cells, organs, and tissues, which interact in an elaborate and dynamic network. As part of this more complex immune response, the human immune system adapts over time to recognize specific pathogens more efficiently. This adaptation process is referred to as "adaptive immunity" or "acquired immunity" and creates immunological memory.

Immunological memory created from a primary response to a specific pathogen, provides an enhanced response to secondary encounters with that same, specific pathogen. This process of acquired immunity is the basis of vaccination.

Disorders in the immune system can result in disease.

Immunodeficiency diseases occur when the immune system is less active than normal, resulting in recurring and life-threatening infections. Immunodeficiency can either be the result of a genetic disease, such as severe combined immunodeficiency, or be produced by pharmaceuticals or an infection, such as the acquired immune deficiency syndrome (AIDS) that is caused by the retrovirus HIV.

In contrast, autoimmune diseases result from a hyperactive immune system attacking normal tissues as if they were foreign organisms. Common autoimmune diseases include rheumatoid arthritis, diabetes mellitus type 1 and lupus.

Immunology covers the study of all aspects of the immune system which has significant relevance to human health and diseases. Further investigation in this field is expected to play a serious role in promotion of health and treatment of diseases.

This information was provided gratefully by Wikipedia, at Wikipedia.org.

Chapter Two – Ayurvedic Medicine

For those of us brought up in the United States, very few are familiar with traditional medical techniques and developments from other parts of the world.

And yet, people from other nations thrive under the medical practices that have been handed down from generation to generation for thousands of years.

Ayurveda means the “science of life” (In Sanskrit, the word Ayurveda comprises the words āyus, meaning 'life' and veda, meaning 'science'), which is a health modality that is intertwined with the religion of the culture in India.

Ayurveda is practiced in other parts of the world as a form of alternative medicine, and throughout its history, Ayurveda remains an influential system of medicine in South Asia, and has become more accepted in the western world as people search for answers that western doctors can't give.

The earliest literature of Ayurveda appeared during the Vedic period in India. The Sushruta Samhita and the Charaka Samhita were influential works on

traditional medicine during this era. Ayurvedic practitioners also identified a number of medicinal preparations and surgical procedures for curing various ailments and diseases.

Ayurveda is considered to be a form of complementary and alternative medicine within the western world, where several of its methods - such as herbs, tinctures, are used as healing modalities, and massage, Pilates and Yoga are used therapeutically.

It is important to note that Ayurvedic Medicine is based on an in-depth study of nature and how to live stress free, in harmony with its cycles. The cycles of nature flow effortlessly from one season to the next. Life according to Ayurveda should also flow effortlessly with people finding more creativity, energy and productivity with less, not more effort.

Life was not intended to be a struggle.

Stress triggers the release of stress fighting hormones, which provide us with instant coping abilities. The problem starts when stress becomes constant. The stress fighting hormones are actually degenerative to the body over time and

have waste products called free radicals, which are currently believed to be the leading cause of aging, disease, cancer and even death.

Ayurveda, as an adaptogenic system of health care, combines lifestyle, diet, exercise and behavior along with an exhaustive list of Ayurvedic medicines that when used together, decrease mental, emotional, and physical stress, enhance immunity, build energy and improve one's quality of life.

Ayurveda has many adaptogenic herbs in its pharmacopoeia that normalize numerous physiological functions, improve vitality, and enhance the body's ability to adapt to stress and heal itself.

These herbs can be used to help cope with stressful situations, compromised immunity, and for prevention against the physiologic woes of stress itself.

Although adaptogenic herbs are similar in concept, each herb is unique and should be chosen with care.

Ayurveda believes in 'five great elements' (earth, water, fire, air, space) forming the universe, including the human body. Blood, flesh, fat, bone, marrow, semen

and chyle (a bodily fluid comprised of lymph and free fatty acids formed in the small intestine) are believed to be the seven primary elements of the body.

Ayurveda stresses a balance of three substances: wind/spirit/air, phlegm, and bile, each representing divine forces.

According to Ayurvedic beliefs, humans have three Doshas, or mind and body type, which is critically important to any medical treatment —vata (wind/spirit/air), pitta (bile) and kapha (phlegm). Traditional beliefs hold that these doshas are broken down into a unique constellation of sub-doshas or “guna”.

Typically if you were to become ill in India, you would go to an Ayurvedic Healer who would perform a pulse assessment which would help determine your exact doshic make-up in order to prescribe a treatment.

Treatments would certainly include diet and exercise as well as herbal concoctions. Surgery and surgical instruments are employed but not as the first course of action.

It is believed that building a healthy metabolic system, and attaining good digestion and proper excretion leads to a strong immune system and to health and vitality.

Chapter Three – Sa-Sang Constitutional Medicine

Sa Sang is actually two words in the Korean language. ‘Sa’ means four and ‘Sang’ means type or kind.

The four types or classifications are Tae-yang-in, Tae-eum-in, So-yang-in, and So-eum-in. Physiological and pathological manifestations are varied amongst these different constitutions and each constitutional type has its own unique way of taking care of the body.

Those methods give way to a complimentary and preventive direction of treatment, which includes not only mental and physical care, but also the ‘social’ aspect of each person’s constitution and their diet.

There is a saying in Korean Medicine that food and medicine have the same origin, meaning that nutrition is no less important than medical treatment in considering illnesses.

Through the use of Sa Sang constitutional medicine many patients have been cured of chronic modern diseases such as obesity, diabetes, insomnia, depression and many others.

Yet for many thousands of years, the most powerful tonic or “Rasayana” was reserved for royalty. This is the only formula that delivers live stem cells based on an ancient Korean formula with a 5,000+ year success track record.

Stem cells are critically needed to regenerate into organ or gland cells when they die or become damaged. The body’s stem cell supply rapidly diminishes with age. The ancients discovered that stem cells harvested from Velvet Deer Antler could provide stem cells to retain the vigor of youth and vital health for the entire body.

So now – a premier, rejuvenating stem cell reserve, complete with broad spectrum botanical synergists – a precious gift of life from the ancients – is available to all of us today with [Quantum Gold 360](#).

There are many other Chayavanprash that are made with inferior ingredients and will not affect the body at all. Grade 10 ingredients are critical to experiencing the full benefit of this amazing formula.

This unique “thick herbal preserve” is a precise mixture of over 40 powerful herbs, the leading ingredient is Indian Gooseberry which is the highest known natural source of Vitamin C in the world.

Modern research studies have shown Gold 360 to be effective at relieving symptoms of anxiety and depression, gastro-intestinal disturbances, diabetes, high cholesterol, menopause, bone strengthening and fracture healing, rheumatoid arthritis, cancer, asthma, migraine headaches, skin problems, eye problems, and even helps arrest aging process.

Chapter Four – Power of Gold 360

Gold 360 is not only the ultimate rejuvenating, anti-aging tonic yet discovered, but it has been successfully used for over 5000 years.

Chyavanprash needs to be taken daily to achieve the many health benefits that have been described. When taken regularly it helps build immunity, decreases fatigue, strengthens digestive power, and keeps the memory bright and the lungs clear. The ancient texts state that it is beneficial in promoting improved overall physical and mental performance and stress reduction.

Doctors that prescribe Chyavanprash are quick to stress the importance of using the highest grade herbs that are possible. In addition, one western doctor reported, “...no other tonic we have see in our 35 years of practice is able to rejuvenate the hypothalamus and overall brain function and acuity as well as grade 10 Chyavanprash. “

Its main ingredient is amla (or amalaki, *Emblica officinalis*). The common name is Indian Goosberry. Amla is a fruit that is a rich source of natural source vitamin C that is completely bio-available. Amla is one of the most powerful rejuvenative herbs in the entire Ayurvedic material medica. Other key ingredients are bilva, cinnamon, cardamom, cloves, winter cherry, purnarnava, bala, asparagus and long pepper. Unrefined honey is used in the base which acts as a carrier of the herbs deeply into the body's tissues. This sweet taste is assimilated quickly into the bloodstream and penetrates cell walls carrying active constituents of the chyavanprash's herbs into circulation. Following are additional health benefits:

- ***Calms the nerves;***
- ***Strengthens the bone marrow, spinal cord and brain;***
- ***Increased the brain's memory;***
- ***Increases concentration;***
- ***Increases Yin-Yang balance, harmony and energy;***
- ***Creates harmony and peace of body and mind;***
- ***Increases longevity;***
- ***Helps all organs achieve best health and rejuvenation.***

Chapter Five – Breathing and Meditation

An important aspect to keep in mind while evaluating the success of any oriental medicine is the importance those cultures placed on breathing and meditation.

Lyme specialists also encourage deep breathing to maximize the oxygen in your body (which Lyme bacteria hate) and to calm and settle the central nervous system which can become so strained and stressed – especially in neurological Lyme disease.

Meditation can be used to empty the mind of dark thoughts and focus the mind on inspirational thoughts as a beneficial therapy. Some doctors have their Lyme patients visualize their bodies being healed and to picture powerful energy filling up your body in a very therapeutic process.

Meditation in conjunction with deep breathing and faith in your healing protocol is a large part of the body's response to treatment. On the other hand, dark and negative thoughts combined with shallow breathing and lack of faith in your healing protocol can almost guarantee failure.

There aren't any rules or regulations to deep breathing and meditation. On the contrary, there are hundreds of styles and methods of taking control of your breath and mind in such a way as to help your body heal.

Don't worry about time or technique, just do the best that you can.

Chapter Six – Lyme Quicksand

At first when we get a diagnosis for Lyme disease, many of us are horrified – those who know something about the potential struggle and devastation that can occur if the disease is not caught soon enough.

But for many of us who have searched for years and watched test after test come back negative, there can be a profound sense of relief. We finally have a name to account for all the symptoms that have plagued and tormented our various body systems.

However, even for those who catch the disease early, *Borrellia burgdorferi* is a virulent strain that can evade the human immune response and antibiotics successfully even after 3 to 4 weeks of antibiotics, which is the time frame generally given as treatment protocol.

If the disease does not clear up in three to four weeks, chances are it will actually get worse before it gets better, especially if it gets into our central nervous system, which it can do within 24 hours.

This is not what anyone expects after a positive diagnosis. We expect to get steadily better. But instead, we land in the midst of Lyme Quicksand, and the harder you struggle, the faster you seem to sink.

In desperation, many of us try several alternative protocols at the same time that we are on antibiotics, then the quicksand becomes confusing – you start to pull out and you wonder which part of your strategy is working, but then you start sinking again...it appears that there is no rhyme or reason.

I am not a doctor and cannot advise you to try any particular treatment, but I will tell you my experience has been measurable and remarkable.

When I first started taking 1 teaspoon 3 times per day of Gold 360, my energy slowly started to return. Of course I wasn't sure if my body was responding to some other supplement or antibiotic but I was still full of hope.

Then I stopped taking it while testing another protocol, and my energy disappeared again (it has been gone for the better part of three years now.)

Curious, I started taking it again at ½ teaspoon 3 times per day to see if there was any improvement, and once again my energy began to return although much slower the second time.

Because of my experience, I will continue to take Gold 360 even after I am completely cured. Not only has it been one of the tools that has helped me out of the Lyme “Pit of Despair,” it makes me feel vital, happy and more confident that my immune system will stay strong..

WARNING: There are unscrupulous importers who concoct a form of Chayavanprash that uses fried herbs and more honey than gooseberry; be very careful of your source. [Quantum Gold 360](#) made by Premier Research Labs is the only source I would trust.

Appendix A - The Jarisch-Herxheimer Reaction

A Jarisch-Herxheimer reaction or “herx” as it is commonly called is a predictable and temporary “flare-up” or worsening of symptoms caused by the die-off of certain bacteria.

This condition was discovered and named after the German dermatologist, Karl Herxheimer (1844-1947), and originally observed in syphilis patients.

Although both Lyme disease and Syphilis come from a Spirochete bacteria, their structure is quite different.

Dorlands Medical Dictionary refers to the Herxheimer reaction as a transient, short-term, immunological reaction commonly seen following antibiotic treatment of early and later stage [infectious] diseases which [may be] manifested by fever, chills, headache, myalgias (muscle pain), and exacerbations of cutaneous lesions. The reaction has been attributed to liberation of endotoxins-like substances or of antigens (a substance which causes an immune reaction) from the killed or dying micro-organisms.

Unlike Syphilis, Lyme causes multiple Herxheimer reactions, and can be physically and emotionally devastating.

Some have a reaction within days of effective treatment; while for others, it may take longer. Generally, the longer it takes for a reaction to occur after beginning treatment, the more disseminated the disease is.

These brutal flare-ups can last between two days and two weeks, but there are some who report much longer reactions when treating their disease aggressively (some will try several therapies at the same time with the hope of attacking the disease more effectively).

“You have to get worse, before you can get better!” is a grim consolatory phrase passed back and forth in chat rooms and community forums amongst sufferers on the internet.

But the roller-coaster of pain often threatens recovering patients to greater relapse, as we grasp for the energy to deal with both physical and emotional symptoms.

“It’s just so hard to deal with worsening symptoms after months or years of illness.” complains one long-time Lyme patient.

The good news is that science clearly shows “herxing” means that treatment is working. The dying spirochetes emit a neurotoxin that floods the body from every active location, and over-stimulate the already weakened immune system. So in general, the greater the bacteria-load, the greater the reaction will be.

How to cope?

Many Lyme-literate doctors recommend [“Smilax”](#), an herb that effectively binds the neurotoxins, and passes them out of the body. Epsom salt baths are also soothing; although very hot baths will also aggravate symptoms, as the spirochetes are threatened by heat.

Appendix B – Detoxification

Lyme-literate doctors agree that killing infectious bacteria is but one part of the process of healing from Lyme disease (and co-infections). Detoxification is equally important to rid the body of parasites and other elements in our bodies that harbor the disease.

Detoxification can also be tricky depending on each person's disease, immune system, allergies and many other contributing factors.

Mercury poisoning is a growing health problem that interferes with the evaluation and treatment of Lyme. The best way to rid the body of heavy metals is regular use of the FAR Infrared sauna, but there are some other products that greatly help.

Here is a list of the very best products I have found to help your body detoxify:

- [Heavy metal detox](#)
- [Far infrared sauna](#)

- [Liver detox](#)
- [Smilax](#)
- [Detox foot patches](#)
- [Dental detox](#)
- [Parasite detox](#)
- [Chemical detox](#)
- [Psyllium cleanse blend](#)
- [Intestinal nano detox](#)
- [Xeno detox](#)

Remember, our bodies have a wonderful detoxification system built in, so drink lots of spring water, distilled water or ionized water to help move waste out of your body.

Appendix C -Coffee Enema

Why coffee?

The purpose of this enema is to cleanse your liver and assist your body to rid itself of toxins. The caffeine is absorbed through your portal vein and dilates your bile ducts which effectively “flush” the bile out of the ducts. All of the blood in your body circulates through the liver every 3 minutes, so this enema will help cleanse your whole body. It is especially good for people suffering with Lyme disease as the spirochetes like to “hide” in the bile.

Full Strength: 8 oz (1 cup) of organic coffee, and 8 oz of distilled water.

Gentler Enema: 4 oz of organic coffee, 4 oz of chamomile tea, and 8 oz of distilled water.

Instructions:

Mix ingredients together making sure that the liquid is warm, but not too hot (test a drop on the inside of your wrist.) Fill the enema bag and hang it nearby.

Place a large towel near the bag and set a timer and a jar of Vaseline next to the towel. It helps to have soothing music playing during the enema to help you relax.

Lay down on the towel – you must be on your RIGHT side for the entire enema. Coat the insertion tube with plenty of Vaseline and slowly release the fluid. (I find it easier to use a very small amount, wait 2 minutes and then release it into the toilet to clear out the colon, and then proceed to the full treatment)

Use the clamp to monitor the pressure and flow, slowly fill your colon with about 10 oz of fluid. Don't fill beyond your capacity to hold it in. It is better to use less for longer, than more for shorter. Set the timer for 15 minutes and try to relax. If you feel comfortable, you can add slightly more, likewise if you feel the pressure is unbearable, just stay on your side as long as you can (even 10 minutes is good.) You may find that it becomes easier as you practice.

This enema can be taken up to 4 times per day, five days per week depending upon pain and symptoms. I find it helpful even once a week.

Make sure to drink 8 oz of distilled water afterwards.

Appendix D –Gold 360 Ingredients

Gold-360 -- Ingredients (12 oz)

Proprietary, Quantum-State Blend: *Codonopsis pilosula* (root), *Astragalus mongholicus* (root), *Poria cocos* (whole), *Rehmannia glutinosa* (root), *Cnidium officinale* (rhizome), *Angelica sinensis* (root), *Paeonia lactiflora* (root), *Cinnamomum cassia* (bark), *Glycyrrhiza glabra* (root), *Atractylodes macrocephala* (root), *Alisma plantago aquatica* (rhizome), *Paeonia suffruticosa* (root), *Dioscorea batatas* (rhizome), *Cornus officinalis* (fruit), *Citrus reticulata* (peel), *Cimicifuga foetida* (rhizome), *Bupluerum chinensis* (root), *Polygala tenuifolia* (root), *Platycodon grandiflorum* (root), *Ophiopogon japonicus* (bulb), *Zizyphus sativa* var. (seed), *Asparagus cochinchinensis* (root), *Scrophularia ningpoensis* (root), *Salvia miltiorrhiza* (root), *Biota orientalis* L (seed), *Schizandra chinensis* (fruit), *Atractylodes lancea* (root), *Magnolia officinalis* (bark), Velvet Deer Antler, *Panax ginseng* (root), Royal Jelly, *Phyllanthus emblica* (fruit), Jaggery, Unheated Honey, Ghee, Coconut Oil, *Curcuma angustifolia* (rhizome), *Piper longum* (fruit), *Gmelina arborea* (bark), *Aegle marmelos* (fruit), *Stereospermum suaveolens* (bark), *Oroxylum indicum* (root), (bark), *Clerodendron phlomidis* (bark), *Uraria picta* (root), *Desmodium gangeticum* (bark), *Solanum xanthocarpum* (whole), *Solanum indicum* (whole), *Tribulus terrestris* (fruit), *Sida cordifolia* (root), *Cyperus rotundus* (rhizome), *Pueraria tuberosa* (root), *Nymphaea stellata* (rhizome), *Phaseolus trilobus* (leaf), *Rhus succedanea* (stem), *Asparagus racemosus* (root), *Phyllanthus niruri* (whole), *Elettaria cardomonum* (seed), *Holostemma adakodien* (root), *Aquilaria agallocha* (resin), *Vitis vinifera* (fruit), *Withania somnifera* (root)

Appendix E –Relief for Lyme Symptoms

Anxiety

Lyme disease, especially neurological Lyme disease causes havoc with the central nervous system.

It is not uncommon for people who have never experienced an anxiety attack to suddenly have frequent and frightening "panic" attacks. These attacks occur without warning which adds to the fear and anxiety. They can occur in the shower, during a meal, while reading or even driving.

Anxiety attacks occur when the "limbic" system (the part of the brain which stores anxiety messages) begins to release numerous signals. At the same time, physiological responses begin to take place. . . breathing becomes difficult, the fight-or flight syndrome kicks in, and many other frightening body impulse that are completely involuntary.

This occurrence creates additional anxiety from the fear of losing control and possibly even loss of life. (Many people describe panic attacks exactly like heart attacks.)

Anxiety is poison for those of us with Lyme disease because it destroys the healing environment and puts pressure on every other neurological symptom.

Lyme disease can inflame the neuro-transmitters throughout the central nervous system.

[GABA](#)

GABA (which stands for Gama Amino Butyric Acid) is the Body's Natural muscle relaxant, tranquilizer, and nerve calmer. As Melatonin is the body's natural sleeping agent. GABA is the body's natural stress reliever and muscle relaxant.

Scientific research shows that GABA inhibits the cells (in the limbic system) from firing, diminishing the rapid messages reaching the frontal cortex. This controlled neuro transmission allows the cortex to communicate with the limbic system and the rest of the brain in an orderly manner.

GABA is an essential inhibitor in the central nervous system that aids control of pain and anxiety.

GABA has also been successfully used as an anticonvulsant in cases of epilepsy, as well as for hypertension and attention deficit disorder. GABA has been successfully used to aid those

with neuro- muscular conditions such as fibromyalgia and M.S. I take the maximum dose of 1500 mg three times each day and on really bad days I take a fourth dose. GABA allowed me to go off of Lyrica without any withdrawal symptoms. Never take GABA with milk products.

[Anxiety Relief](#)

This homeopathic formula is an advanced, safe and natural medicine that has been successfully used by thousands of people. It brings prompt symptomatic relief of occasional minor anxiety, fear, worry, panicky feelings and apprehension associated with everyday life without synthetic drugs or side effects. It begins to work right away, and contains only safe, 100% natural ingredients - 11 powerful homeopathic therapies made from natural herbs and minerals.

Anxiety Relief helps make occasional, minor anxious feelings less frequent or relieves them altogether. And it helps you feel less vulnerable to the minor annoyances that make up your daily life. If anxiety feelings continue to occur regularly, you should consult a physician.

Body Aches for Lyme Disease

The very first symptoms of Lyme disease include body aches, and many people mistake their illness as a flu.

Aspirin and Tylenol are the first pain relievers that most people think of when experiencing body aches, but there are several other natural and organic solutions.

[White Willow Bark](#)

The use of willow bark dates back to the time of Hippocrates (400 BC) when patients were advised to chew on the bark to reduce fever and inflammation. Willow bark has been used throughout the centuries in China and Europe, and continues to be used today for the treatment of pain (particularly low back pain and osteoarthritis), headache, and inflammatory conditions such as bursitis and tendinitis.

The bark of white willow contains salicin, which is a chemical similar to aspirin (acetylsalicylic acid) and is thought to be responsible for the pain-relieving and anti-inflammatory effects of the herb. In fact, in the 1800s, salicin was used to develop aspirin. White willow appears to be slower than aspirin to achieve any effects, but those effects may last longer.

Planetary Formulas has combined White Willow Bark with several other soothing botanicals to make a more potent pain reliever that is gentle to the stomach.

[Anti-ache Herbal Pain Relief Creme](#)

Sometimes it is more beneficial to use topical creme for body aches, especially if your stomach is easily upset. Derma-e Skin Care provides a combination of healing herbs and homeopathic remedies such as Calendula, Peppermint, Arnica and Hypericum to give immediate and lasting relief. The topical cream is non-greasy, and penetrates quickly and deeply to instantly ease specific body aches.

[GABA](#)

Body aches create anxiety in people with Lyme disease, and we stiffen involuntarily due to the many symptoms we are required to handle at once. Therefore, GABA is essential for relieving body aches through natural relaxation. [Read more about GABA here.](#)

Candida (Albans) or Yeast Overgrowth

Yeast occurs naturally in the human body. Normally it lives in harmony with a variety of other microorganisms and actually performs a couple important functions. The problem occurs when something upsets the balance of bacteria in the body and this allows the yeast organism to proliferate and take over all the healthy microorganisms.

It normally resides in the intestinal tract, mouth, throat and genitals, however it can burrow holes in the intestinal tract, enter the blood stream and then make it's way into any organ of the body. To make matters worse it emits over 70 different toxins into the body. Some people may even become allergic to the yeast itself.

Once this hardy organism proliferates in the body, it wrecks havoc in many ways and is the instigator of many common maladies, conditions, syndromes and illnesses in our population.

Some of the most frequent Candida symptoms are:

Abdominal gas, headaches, migraines, excessive fatigue, cravings for alcohol, anxiety, vaginitis, rectal itching, cravings for sweets, inability to think clearly or concentrate, hyperactivity, mood swings, diarrhea, constipation, hyperactivity, itching, acne, eczema, depression, sinus inflammation, pre-menstrual syndrome, dizziness, poor memory, persistent cough, ear-aches, low sex drive, muscle weakness, irritability, learning difficulties, sensitivity to fragrances and/or other chemicals, cognitive impairment, thrush, athletes foot, sore throat, indigestion, and acid reflux.

The best way to treat Candida is to *prevent it in the first place*. Take 32 oz of water with one tablespoon of [Quantum Greens](#) every day to create a terrain in your body that will not support more than the natural amount expected in a healthy human.

Depression

The VILIFT™ formula is made up of only natural ingredients. This means that you can use VILIFT™ without the worry of the unwanted side effects and health risks. VILIFT™ is safer than any prescription drug and has the same long-lasting effects as prescription medications.

VILIFT™ has been scientifically formulated to improve your mood to the extreme!, using the latest advances in the fields of psychology, nutrition and neuroscience.

Our laboratory follows rigorous quality-assurance procedures when manufacturing the formula. VILIFT™ contains only USP Pharmaceutical Grade vitamins to ensure purity, and herbal extracts standardized for maximum effectiveness.

Vilift contains a blend of [St. John's Wort](#), [Skullcap](#), [5-HTP](#), [Korean Ginseng](#), and a blend of Vitamin B Complex.

[For more information visit Vilift](#) (unless you like to have a voice talk to you while you are examining something, scroll down the page a bit and click the pause button).

Testimonials for Vilift:

"Vilift has been a godsend because I react so abnormally to antidepressants and anti-anxiety meds, it's dangerous for me to take them. I take both Vilift and this is the best winter season I've ever had (I have SAD). All I have to say for this supplement are great things, and when I ran it past my doctor, he was very pleased that I'd switched to it and that it was working so smoothly for me."

Debra, Seattle, WA

"VILIFT has improved not only my life but my wife's as well. She suggested it to me because I was feeling very moody and depressed. A couple of weeks after I began taking it, I suggested it to her for her depression. It has helped us both to think more clearly. We are happier and become less agitated over menial things. It gives us the advantages of taking prescription medications to treat depression, and in my case ADHD, without the unpleasant side effects such as drowsiness. My father is also taking VILIFT and he is feeling happier now than he has in years. Now my wife is recommending it to everyone who is going through stress or who has existing problems with depression."

Jason M., Indianapolis, Indiana

"Believe it or not, I have been taking Vilift for two days now and I am already starting to feel better about myself. I feel very calm and in control of my life. I haven't had this feeling in 16 years. It's nice to feel normal again. I honestly was not expecting to feel better so soon. Thank you Vilift!"

Amanda, Milwaukee, Wisconsin

[To read more testimonials click here.](#)

[To purchase Vilift click here.](#)

Ear Pain and Audiophobia with Lyme Disease

Not everyone with Lyme disease has the dreaded audio-pain. But those who do, are greatly disabled from a normal life due to the extreme pain caused by sound. Typically, with neurological Lyme, the audio-pain is aggravated with additional anxiety when faced with too much noise, too many people talking at once or even the thought of being exposed to noises.

The sound of someone walking across the floor may cause excruciating pain, and sudden loud noises can cause a panic attack.

Additionally there is a constant aching - like "swimmer's ear" which intensifies in cold or wind. The following suggestions are products I use for managing this disabling symptom.

[Ear Plugs](#)

It may seem obvious, but with brain fog it never occurred to me. I am blessed to have smart people caring for me. This is a link to Amazon where you can buy 6 pair (skin colored) for under \$3. NOTE: The plugs are very easy to clean - stay away from wax plugs because you can't clean them.

[GABA](#)

I find that GABA eases the pain in my ears along with calming the anxiety that accompanies noise. Because the pain is neuropathic, the GABA works naturally to calm the nerve endings. GABA is essential for relieving the ear pain and the panic that can come unexpectedly with visitors or sudden loud noises. [Read more about GABA here.](#)

[Soothing Ear Drops](#)

This is a milder form of relief that is best used before bed where it can sooth the ear through the night. In extreme cases use the ear drops with the plugs.

Insist on quiet. This is something everyone in your life should be aware of and reminded of to keep you comfortable. A friend drew a big sign and taped it above my head so that visitors couldn't help but read it...that way I didn't have to make a request that some might consider rude.

Fatigue with Lyme Disease

Lyme disease causes profound fatigue at every stage of the infection. One of the first symptoms to appear, many ignore the warning signs and continue to "push through". After-all, who ever plans to be sick, and certainly we have all had minor viruses that disappeared after a few days...

There are many supplements that can help improve stamina, the following are the most potent I could find besides Gold 360:.

[Pure Energy Super Strength](#)

This is an award winning formula with bee pollen, gotu kola, Siberian ginseng and royal jelly. It doesn't contain any caffeine, ephedra or other harsh stimulants. NOTE: The combination of herbs and potent strength of the herbs (800 mg) provide powerful immune support.

[Energy B - Complex](#)

This powerful combination of food-based vitamin Bs with Ginseng & Ginkgo . The vitamins are involved in the body's production of energy and support a healthy nervous system. Also, Vitamin C aids B vitamins' help with absorption and function. Pantothenic acid supports healthy adrenal glands, which are responsible for keeping us active under pressure. Choline is essential for the manufacture of acetylcholine, which helps keep the brain alert. . A potent extract of ginkgo, with Siberian ginseng. Ginkgo, which works synergistically with choline, is commonly known as the mind herb. Siberian ginseng is the classic adaptogenic herb that increases overall vitality. . A base of spirulina, is added for whole food nutrition. All of this in one tablet.

[Weil Energy Support Formula](#)

Dr. Weil has developed this exclusive blend of tonifying herbs formulated to support healthy energy levels without the adrenal stress and crash of stimulants. The formula is composed of Eleuthero, Cordyceps and Ashwagandha, all traditional herbs which may give those energy levels the boost you need. Eleutherococcus senticosus - commonly referred to as Siberian Ginseng - is a plant in the ginseng family that has been used for centuries as an adaptogen. (An adaptogen or tonic is an herb or nutrient that is thought to increase the body's general resistance to stress of all kinds) Cordyceps, a medicinal mushroom, is highly prized in traditional Chinese medicine (TCM) as a stamina-boosting tonic. Ashwagandha, another tonifying herb that is sometimes called Indian Ginseng, is used in the Ayurvedic medicinal tradition as a general tonic to increase energy.

[Heal Bee Power Energy](#)

Bee Power is a formula of skillfully blended herbs designed to help sustain the body with strength, energy and vitality. This formula helps to create whole-body balance rather than stimulate and burn out the body's systems. Thus, as this formula helps to stimulate it also helps combat stress and anxiety. All encapsulated products are in a pure 100% vegetable based capsule.

Gastro-Intestinal Problems with Lyme Disease

Generally speaking, gastro-intestinal problems come in two major categories: Sluggish and explosive.

Problems may arise from the Lyme infection itself, [herxheimer reaction](#) and/or reaction to medication. Special problems with diarrhea develop due to detoxification also.

For the sake of simplicity, I will not endeavor to distinguish between causes, and try to focus on the best solutions.

For the sluggish:

[Magnesium](#)

I use megadoses of magnesium as suggested by Dr. Burrascano. I take 1000mg AM and 1000 mg PM (in addition to the coral calcium I take). The brand I use is Nature's Way - it is very affordable.

[Senna Tea](#)

Senna Leaves provide a gentle laxative that can be controlled easily by how long you brew. Alvita provide excellent value.

[Constipation Relief](#)

For fast relief of constipation, irregularity, hard, dry stools, great straining, rumbling and bloated bowels, mucous stools, associated headache - A non-irritating natural enhancement of peristaltic action of the colon.

A little secret - Try taking a Tablespoon of Epsom Salt mixed with 8 oz distilled water and chug it down as fast as you can. My doctor swears by it but I prefer to take the magnesium tablets.

For the explosive:

[Diarrhea](#)

This all natural product contains the following as active ingredients: Aloe socotrina 4X Tormentilla 4X Veratrum album 5X Arsenicum album 6X Colocynthis 6X Cuprum aceticum 6X Mercurius corrosivus 6X Podophyllum peltatum 6X Ferrum phosphoricum 10X Carbo vegetabilis 12X. It is gentle enough for young children and powerful enough to get the job done.

[Diarrhea Relief](#)

This product is also all-natural and provides fast relief of loose stool, cramps, gas and bloating, mucous stools, watery stools, jelly-like stool, pretty much any kind of intestinal cramping and diarrhea

Joint Pain with Lyme Disease

Arthritic pain and swelling joints are a primary symptom of Lyme. The nagging chronic pain convinces non-Lyme doctors that you have arthritis, but Lyme is the Great Imitator - in fact Lyme was originally called "Lyme Arthritis." Fortunately, many of the treatments for arthritis pain work well for Lyme disease.

One of the most important remedies that you can provide yourself is to massage the aching joints as frequently and for as long as possible.

[Anti-ache Herbal Pain Relief Creme](#)

Massage with this cream is even more beneficial. Derma-e Skin Care provides a combination of healing herbs and homeopathic remedies such as Calendula, Peppermint, Arnica and Hypericum to give immediate and lasting relief. The topical cream is non-greasy, and penetrates quickly and deeply to instantly ease joint and body pain.

[Green Lipped Mussel](#)

Green Lipped Mussels are harvested from New Zealand where they have long been treasured by the Maori race as a food that alleviated misery from arthritis. Evidence from recent scientific study shows that this natural food helps increase joint mobility and inhibit inflammation. Inflammation is a normal immune response, so with Lyme disease, it not only affects joints but the entire body. Green Lipped Mussels also relieve the pain associated with inflammation, and because it is a natural food, it is completely bio-available.

[Heal-Joint](#)

Heal-Joint is an all-natural herbal formula containing Brigham Herb, Hydrangea Root, Yucca, Chaparral, Lobelia, Burdock Root, Sarsaparilla, Wild Lettuce, Valerian, Wormwood, Cayenne, Black Cohosh, and Black Walnut. This organic formula is rich in natural calcium and has been used historically for arthritis/rheumatism and will detoxify as well as acting as a solvent for the accepted (but not assimilated) calcium deposits; These herbs also relieve pain, kill fungus and infection over time.

[Phyto-Joint](#)

There is ample evidence that the herb Devil's Claw reduces inflammation and pain associated with arthritis. It is also used for joint mobility. Phyto-Joint is made of 100% powdered Devil's Claw which is also completely bioavailable.

[White Willow Bark](#)

The use of willow bark dates back to the time of Hippocrates (400 BC) when patients were advised to chew on the bark to reduce fever and inflammation. Willow bark has been used throughout the centuries in China and Europe, and continues to be used today for the treatment of pain (particularly low back pain and osteoarthritis), headache, and inflammatory conditions such as bursitis and tendinitis.

The bark of white willow contains salicin, which is a chemical similar to aspirin (acetylsalicylic acid) and is thought to be responsible for the pain-relieving and anti-inflammatory effects of the herb. In fact, in the 1800s, salicin was used to develop aspirin. White willow appears to be slower than aspirin to achieve any effects, but those effects may last longer.

Planetary Formulas has combined White Willow Bark with several other soothing botanicals to make a more potent pain reliever that is gentle to the stomach.

[GABA](#)

Body aches create anxiety in people with Lyme disease, and we stiffen involuntarily due to the many symptoms we are required to handle at once. Therefore, GABA is essential for relieving body aches through natural relaxation. [Read more about GABA here.](#)

Insomnia with Lyme Disease

Trouble getting to sleep and/or staying asleep can be associated with so many health issues from stress to menopause that it can be years before it is associated with Lyme disease. Insomnia is probably the most common symptom of Lyme disease and is certainly one of the top enemies of our healing effort. To heal, a body needs extra rest, and whether it is a symptom alone or a symptom together with pain and other sleep interfering symptoms, it should be one of the easiest symptoms to cure.

One challenge in curing insomnia, is that some supplements work for some, and not for others. It is vital to discuss treatment with a medical doctor so that you can get a full night's sleep (if natural remedies don't work.)

[Tranquinol](#)

Tranquinol promotes deep, restful REM sleep and improved quality of sleep, even after the use of sleep or mood medications, and helps you wake up refreshed; helps increase daytime energy levels. Also supports mental tranquility, calm mood and focus throughout the day . It is non-addictive and does not cause drowsiness. Helps normalize neurotransmitters which get scrambled by sleep and depression medications.

[Melatonin](#)

Melatonin is a neuro-hormone produced naturally in humans by the pineal gland. As we age, our melatonin production decreases. Melatonin governs the body's circadian rhythms and is also a potent antioxidant. I use 5 mg each night which is more effective than smaller doses. There is no known toxic level for Melatonin. Source Naturals has several strengths and number of capsules, also fast-acting or slow release.

[Super 5-HTP](#)

L-5-Hydroxytryptophan (5-HTP) is a precursor to serotonin, which may have a relationship with mood and appetite. Valerian and L-Theanine have been added to this formula which is intended to provide nutritive support for feelings of calmness during periods of stress and anxiety.

[Chamomile Sleep](#)

Chamomile and Kava Kava's amazing ability to promote relaxation and create a peaceful state of mental well-being has been associated with a group of constituents known as kavalactones. Planetary Formulas Chamomile Sleep unites this precious rain forest herb with classic Chinese botanicas known for their ability to support a restful night's sleep.

[Nutra-Sleep](#)

This unique formula from Source Naturals combines 433 mg of GABA with several botanicals to ease anxiety, quiet nerves and relax muscles to provide a natural yet powerful sleep aid without side effects.

[Heal Relax-Eze](#)

This formula has been used with great success for relieving nervous tension and insomnia. It is helpful in rebuilding the nerves, nerve sheath (protective cover of the nerves) and the nervous system. It is mildly stimulating and yet decreases the irritability and excitement of the nervous system, and also lessens or reduces pain. This formula contains herbs that feed and revitalize the motor nerve at the base of the skull (medulla area and upper cervical), and also herbs that help rebuild or feed the spinal cord. This group of herbs will also rebuild the frayed nerve sheath, the nerve itself, and its capillaries. The following herbs in this combination are food for your valuable—and in many cases, shattered nerves: These herbs are in a base of pure vegetable glycerin.

[Insomnia Relief](#)

This homeopathic formula contains: Avena Sativa (oat) 3x, Chamomilla (chamomile) 3x, 9x, 12x, 30x, Humulus Lupulus (hops) 3x, Passiflora Incarnata (passion flower) 3x, Coffea Cruda (coffee) 6x, and Kali Phosphoricum (potassium phosphate) 6x. Its a non-addictive combination to help relieve sleeplessness and achieve a restful night's sleep. This formula comes in tablets but it is also available in 2 oz drops.

Migraines with Lyme Disease

Lyme disease can cause numerous types of headaches, and for those of us who suffer with migraines, many find that Lyme disease may intensify the severity and duration of actual migraines.

For some, there is very little to do for the pain without prescription meds and/or prescription oxygen. The products below are the best I could find of alternative treatments for Lyme disease induced migraines. They can work on other types of migraines too (hormone or food induced.) I have suffered with migraines for my whole life and have found that as the Lyme disease has begun to resolve that my migraines are less frequent.

[Migre-Lief](#)

This advanced formula is especially helpful reducing the effects of a migraine due to the key ingredients and their effect on the central nervous system. Dr. Alexander Mauskop, one of the world's leading migraine researchers and Director of the New York Headache Clinic has been working with his own triple therapy since 1992. His research has been crucial in establishing MigreLief's credentials as a superior product. Only MigreLief contains Puracol™, a specially sourced whole herb feverfew with all of its naturally occurring elements intact. Migre-Lief also contains magnesium and riboflavin.

[Migraine Relief](#)

Migraine Relief, by Ridgecrest Herbals, is a carefully formulated homeopathic and Chinese herbal therapy which relieves headache and migraine pain naturally without side effects. Migraine Relief works quickly and effectively, and contains safe, effective homeopathic plant extracts. The science of homeopathy is hundreds of years old and is widely used in Europe and Asia. It has recently gained popularity in the United States. Migraine Relief also contains a proprietary Chinese herbal formula. Ridgecrest research shows that combining herbs and homeopathic medicine into one formula creates a synergistic effect that significantly enhances the effectiveness of the formula.

[Clear Migraine](#)

Clear Migraine contains a unique proprietary blend of 14 Chinese herbs, formulated to work in combination with these active homeopathic ingredients to provide safe and effective relief. Aspirin Free - Non-habit forming - No side effects. Homeopathic active ingredients and a proprietary herbal blend provides a safe and effective pain reliever. Aspirin free, no side effects and non-habit forming Contains specific homeopathic remedies traditionally used to help relieve the symptoms of migraines, tension and cluster headaches. Does not increase heart rate. Does not make you drowsy. This formula has been used in Traditional Chinese Medicine for thousands of years.

[Migraine Blocker](#)

Source Naturals Migraine Blocker is safe, natural and gives temporary relief of migraine headache pain, pressure and throbbing. Migraine Blocker uses minute doses of homeopathic remedies that offer quick relief from migraine symptoms. This Bio-Aligned Formula addresses the multiple body systems associated with migraines, including hormonal regulation, stress response, sensory perception, the sinuses, and the digestive and nervous systems. 48 tablets for under \$5!

[Feverfew Headaid](#)

Feverfew is one of the most commonly used herbs for migraines. Laboratory studies show that feverfew can reduce inflammation and prevent blood vessel constriction (squeezing) that may lead to migraines. Planetary Formulas unites the power of standardized extracts of feverfew with willow bark and with Chinese classics, such as Schizonepeta and notopterygium. The botanicals in feverfew head aid represent a superb blending of modern European science with traditional Chinese herbalism.

Skin Disorders (excluding EM rash) with Lyme Disease

Lyme disease can cause many odd skin conditions as it drills away from your blood stream to evade antibiotics and/or other treatments. Dr. Burrascano suggests skin brushing to stimulate blood flow near the skin, and I have found that strong exfoliating cleansers applied directly to skin problem and massaged gently under warm water to significantly help in healing rashes and sores.

Severe rashes and sores that resist healing remedies should be checked with a medical doctor. Always rinse and dry skin irritations and keep clean to protect from infection.

[Robert Gray Skin Brush](#)

Skin Brush for dry skin brushing also stimulates the cleansing of the lymphatic system. It is a long handled bath-type brush with natural vegetable bristles. *This brush must not be used for bathing* since it needs to be kept dry.

[Lavender Exfoliating Enzyme Scrub](#)

Botanical granules and fruit enzymes gently remove surface cells. Organic Lavender, Licorice Root and Coleus protect new skin against irritation while our triple lipid system moisturizes replenish natural oils. Walnut and Grape Seed Powders combine with natural enzymes from papaya and pineapple to loosen and remove dull surface cells and impurities. Soothing Licorice Root and organic Lavender calm irritation-prone skin as the antibacterial action of Coleus Oil protects skin against breakouts. Organic Flax, organic Borage and Rosehip Oils, rich in omega fatty acids, restore the skin's moisture balance. Enriched with White Tea and Vitamin E for antioxidant protection.

[Skin Food](#)

Intensely hydrates and cares for the skin. Ultra-moisturizing, pure Lanolin and anti-blemish, wild-crafted Pansy Extract nourishes and soothes dry and damaged skin. Precious essential oils of Lavender, organic Sweet Orange and Rosemary refresh the skin and the senses. Apply this

whole body cream to your skin anytime, with special attention to extra dry areas, such as the feet, hands and elbows.

[Squalane Skin Oil](#)

Squalane Skin Oil is derived from shark liver and is used in some of the most expensive skin ointments in the world. This pure squalane penetrates deep into the skin to help accelerate new cell growth, quiet skin, heal burns, protect from the elements, and soothe irritations. Squalane also helps heal minor skin eruption, relieves itching and scaly skin, and even creates a barrier to protect your skin, Squalane Skin Oil is a pure and natural skin supplement from the sea..

Weight Gain/Loss with Lyme Disease

Depending on our immune system, genetics, co-infections, eating habits, many of us gain weight and many others lose weight.

Dr. Burrascano insists on a very strict high protein diet with no sweets or starches. For many the adherence to this diet will keep weight at a healthy level. However, if our body is acidic, fat will be stored up around important organs to protect the organs from the destructive acid. This is why pH Balance is so important ([read free ebook called Five Element Shake.](#))

There are some very frightening pills on the market which promise weight loss, and these short cuts can be very tempting. Our self-esteem is at an all-time low, and extra fat just adds to depression. Not enough weight has the same depressing and physical dangers.

The best product that I can recommend and use myself is [Apple Poly](#). It actually reduces belly fat. But additionally, apple polyphenols do the following:

- cardiovascular diseases
- cancers
- osteoporosis
- neurodegenerative disease
- diabetes

Polyphenols have also been known to remove oxygen radicals in the body, a substance that may cause cancer and accelerate the process of aging.

But for the first time during a study of apple polyphenols in Japan, there was a significant effect on muscle strength and organ fat. They have also been found to boost the immune system and measurably extend life span!

[Apple polyphenols](#) are made with immature green apples (which are 10 times more potent than mature fruit), exclusively from the peels (the richest source of phytonutrients).

[Apple polyphenols](#) are 18 times more potent than Vitamin C, and in addition to the super-modulation of oxidative stress, they appear to play a role in the prevention of degenerative diseases, particularly cardiovascular diseases and cancer.

Best of all, apple polyphenols are water soluble, where most other polyphenols are not. This allows for the nutrients to be absorbed quickly and easily.