



7 Power Herbs *For Optimum Vitality*

1. Milk Thistle

Key Benefits: Liver tonic, Antidepressant, Weight loss.

Also known as Saint Mary's Thistle, it is the most effective liver herb. Milk thistle detoxes the liver, especially after indulging in alcohol and other legal or illegal drugs. Alkaloids in the plant help expel liver toxins and boost the production of new liver cells. It is typically used by herbalists to help uplift mood, lower cholesterol, and increase breast milk production (hence the name Milk Thistle).

2. Ginkgo Biloba

Key Benefits: Antioxidant for focus and memory; Circulation and alertness.

As a major brain tonic and memory support, Ginkgo Biloba is great for all kinds of degenerative brain diseases. Ginkgo Biloba also has a very powerful effect on the circulatory system so if you get cold hands, feet, and head, this is the herb for you. It also assists blood flow to the tissues inhibiting the clumping of blood platelets which can contribute to heart problems, strokes and artery conditions.

3. Damiana

Key Benefits: Anti-depressant, for hormonal/emotional balance and libido.

My favourite happy herb! Damiana was even used by the Aztecs for erectile dysfunction, and Mexican women were also known to use the fragrant leaves in a tea to stimulate lovemaking. I love Damiana because it produces a mild emotional uplift and relaxes the mind and body, as well as being a wonderful kidney tonic.

4. Ashwagandha

Key Benefits: *A great adaptogen for stamina, balancing stress/hormones/emotions, anxiety, libido, and sleep.*

An all-round strengthening Ayurvedic medicine, it is used as a tonic for tired or overworked bodies and is particularly useful for low sex drive in women. I have had great feedback on its powerful effects for managing anxiety and stress levels.

5. Gotu Kola

Key Benefits: *Great herb for arthritis, skin care, stress, memory, and overall good health and stamina.*

Known as the arthritis herb, Gotu Kola is a rejuvenating nervine recommended for nervous disorders, memory and reflexes.

Truly a wonder herb!

6. Ginseng

Key Benefits: *Popular herbs for stamina, energy, immunity, and overall wellbeing.*

There are a few different types of ginseng, one of my favourites is Suma, an adaptogen that can help the body adapt to a wide range of internal and external stress factors.

My most favourite is Malaysian ginseng which is not really a ginseng at all. It is known as Tongkat ali and is really good for vigour and sexual function.

7. Brahmi

Key Benefits: *A restorative herb for the brain. Great for improving memory, focus and stress management.*

Brahmi is awesome for memory-health and brain rejuvenation.

I value this as a superior brain tool, because it helps me with memory retention, focus, clarity, and stamina. A prized member of Ayurveda for over 3000 years, it also can have extremely positive effects on your blood circulation, liver, kidney and lung function.

Ray's Tip:

We are accustomed to drinking regular tea or coffee and throw the tea or coffee herb out after we have drunk the fluid.

But because these herbs are medicinal we really want to get the most out of the herb. So I find it best to place the various herbs in a coffee plunger. I then drink from the coffee plunger over the day just adding hot water to replenish it.