

JUST RELEASED

Natural Herbal Remedies & Antioxidant Vitamin Wonders

This FREE report takes a look at herbal remedies that date back generations before any of our time. And it takes a look at antioxidant vitamins, natural sources of important vitamins and minerals, benefits of supplemental extracts and natural vs. synthetic vitamins for a complete overview of the evolution of vitamins to meet the needs of mankind.



Since natural and/or dietary supplements are not FDA approved Federal Law says they must be accompanied by a two-part disclaimer on the product label: that the statement has not been evaluated by FDA and that the product is not intended to "diagnose, treat, cure or prevent any disease."

*THE SMALL PRINT DISCLAIMER:
This information is not presented by a medical practitioner and is for educational and informational purposes only. The content in this report is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You are ALWAYS advised to seek the advice of your physician or other trusted and qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice -- or delay in seeking it because of **anything** you have read, **anywhere**.*



Published by
Browzer Books

Natural Herbal Remedies & Antioxidant Vitamin Wonders

Table of Contents

- 1. Introduction**
- 2. Herbal Remedies**
- 3. The Antioxidant Vitamins**
- 4. Top Ten Natural Sources of Important
Vitamins and Minerals**
- 5. The Benefits of Supplemental Extracts**
- 6. Natural vs. Synthetic: Not all vitamins are the same**



Introduction

It hasn't been that long ago that the Euro-derived medical fraternity was known to be less effective in various disciplines than some witch doctors and shamans were. It was only when the whole field of medical science was unified that Euro-derived practices began to be more successful in treating patients than their "primitive" counterparts. Gradually it became an established fact that only "Grandma" knew more than the medical professionals. Many of the things Grandma preached came under scorn and faced stiff ridicule from the scientific community for no better reason than because she was their competition. Now, as we all know from watching commercials on television, Grandma has been safely relegated to her rocking chair.

Thus it is, if you watch the news closely you will find the things Grandma advocated have been trotted out and proven right again and again, even recently – although Grandma is not mentioned as the source any more – probably because her press agent died a few years ago at the ripe old age of 107. Incidentally, he still had all his teeth.

The good doctors of today continue to harp on the necessity of taking VITAMINS. Now, the word we know as "**Vitamins**" has only been around since about the 1900's. Before that time, foods on hand were the source for meeting vitamin needs. For example, Ascorbic acid (now known as vitamin C) was not identified as the reason citrus fruits helped prevent scurvy until the 20th century. However, trial and error had proven the value of both citrus fruit and green vegetables against scurvy, because Captain Cook ordered his men to eat fresh greens and citrus when available. Consequently, Captain Cook's voyage was the first long one to be distinguished by its success in losing no men to the dread disease.

Even before Captain Cook sailed the seven seas, Grandma, shamans and other culture "doctors" -- realized that certain foods met specific body needs. For example, ancient Egyptians found that eating liver could help cure night blindness, which the physicians of today believe is a result of vitamin A deficiency.

Is it better to take Vitamin "A", or to eat liver? Many people today are turning back inquisitive eyes to the wisdom of Grandma which has persisted solely because there is at least a grain of truth in her suggestions.

So as to leave no stone unturned, this report takes a look at herbal remedies that date back generations before Grandma got shoved into a nursing home. This report takes a look at antioxidant vitamins, natural sources of important vitamins and minerals, benefits of supplemental extracts and natural vs. synthetic vitamins. It is designed to give you an overview of the basic steps to good health as reinforced those natural sources.

With Grandma safely out of the way we have gradually come to accept the Pop-a-Pill mentality advocated by modern doctors. This mentality has all too many needing a wheelbarrow to carry all our pills in, or looking for a magic bullet to better health. Consequently, we rush from one MIRACLE ELIXIR to the next. Any of the improvement we do notice is soon lost -- or forgotten -- in the search for something even better.

Rue this from Grandma: Good health that lasts does not come from a potion; it does not pour from a bottle, nor does it pop out of a little pill. Good Health that lasts comes from balancing your entire system with its needs on one side and healthy practices on the other.



The more shattered your health condition is right now, the more urgent is the need to get your entire system back to functioning smoothly on the basic premises of health. I am talking, WAY BACK.

Let's start this discussion on this premise.. We can know what our body needs most by studying how far and how long we can go without it.

For example, people that NEVER exercise have been known to live fifty, sixty and even seventy years. So, we'll start that off in the sixth or seventh place. Without any food at all coming into their system some people can live from thirty to ninety days. So, let's put that in third place. Without any water available to the body most people can't live more than ten days. Let's put that in the second place then. What comes first? Air. If your source of air gets shut off completely then you won't be able to crawl more than a few blocks. Right?

So .. Let's start at the basic necessity of life;

AIR!

The life force in air is oxygen.

Most of us can't crawl more than three yards without some oxygen coming our way. Most people accept this fact – and then pass on to other matters. However, we must also realize that since air is so important then if the amount of oxygen in our air is diluted – or polluted -- our health is impacted to a quite similar degree. Air is our most vital source of health and vitality. Every cell within our body must – absolutely **MUST** -- be nourished with an abundant supply of oxygen if they are to survive with proper vitality.

There are ways for medical professionals to monitor how much oxygen your body is holding for use. When your oxygen level drops below a certain point alarms begin going off.

Your body has alarms too, alarms like sluggish thinking, sluggish reactions, and deteriorating health. Consequently, "Are you breathing clean air?" is the first question you should be asking yourself.

After all, unless you are a forest ranger, your air quality can probably stand some improvement. If you are in a closed mechanical system with air conditioning supplying all the air that reaches your lungs you can start right there in improving your health.

- **Find ways to breathe fresher air.**
- **Find ways to breathe cleaner air.**

If your supply of fresh, clean air is adequate and you are still experiencing technical difficulties you will want to check to make sure you are

(a) breathing right,

and (b) that your breathing apparatus is not impaired.

(c) that your body is eliminating the carbon dioxide created as your body functions.

Any breathing difficulties can seriously handicap our ability to function and enjoy life. When we suffer from asthma, bronchitis, allergies, frequent colds or simply insufficient oxygen intake, we are prone to a lack of energy, vitality and /or mental clarity.



Water, Water, cried the Ancient Mariner.

You guessed it, the second building block of good health is [pure water](#). Without air our survival is limited to grabbing what is available to us within a few yards of where we stand. However, if we are suddenly deprived of water for our system and stranded on foot in the middle of a hot desert then we will need to find a source of water less than a hundred miles away from where we stand. That still makes it the second most important necessity your body DEMANDS to have.

Every physiological function in your body depends on water.

On closer examination you will discover that Water...

- Suppresses the appetite.
- Helps regulate your body temperature.
- Transports oxygen, nutrients, hormones, and antibodies.
- Helps eliminate toxins and other wastes from the body.
- Lubricates your joints.
- Lubricates your hair, skin, mouth, nose, and eyes.
- Protects your body organs and tissues.
- Increases the efficiency of those proteins and enzymes that are essential to the peak performance of your metabolism.
- Relieves water retention (though that may seem counterintuitive because when you're retaining water, the best course of action is to drink more water, not less.) Be sure to read, **YOU CAN LEAD AN OLD MAN TO WATER, BUT SHOULD YOU MAKE HIM DRINK.**

*

**Click HERE to see how many Hundreds of Dollars
You can SAVE on Your Family's Health Insurance Needs.**

And if you know you **REALLY** can't afford insurance,
Click HERE for our second-best option.



The third most important building block of good health is good food.

One hundred miles on foot in the burning sands is about your limit of survival without water. If you are suddenly deprived of all foodstuff you can probably walk all the way across Texas on foot without perishing. Consequently, we know that by eating only those foods we know to be healthier our systems will become healthier.

The civilized tendency in attempting to eat healthier will usually focus on ADDING something to your diet, like an elixir or a pill, or even whole grain bread. Some elixirs are indeed wholesome additions to the diet. they supply basic building blocks of health, but the cost of them is prohibitive and their rewards are limited. I have seen some quart bottles selling for fifty and sixty dollars!

And let's face it, ADDING a few trace elements to your system will not eliminate the damage being done by daily inundating your system with gallons of cola juice -- and assorted other vagaries of advertising induced hungers.

We've all seen the ads where a little boy is jerked to tears every day on the bus upon opening his lunch bag and not seeing the coveted food item therein that his friends are sure to be enjoying.

Finally, in advertising land, his face breaks forth in radiant smiles and he pulls the particular brand of mass-produced and pulverized carbohydrates the advertiser has been paid to favor.

HAPPY ARE WE -- oh yes -- HAPPY ARE WE!

The natural cure for this problem is to treat advertisers like they were just plain old dirt farmers. Dirt farmers are paid to quit raising their crops so our commodities futures will improve.

If our Government will only start paying advertisers to plow their **most successful food and smoking ads** back into the mud our physical well being will improve too.

To improve our dietary intake the first thing we need to do is to ELIMINATE the bad health producers from our lives and replace them with healthier choices. Yes, I mean, replace the cola syrups with cold milk, replace the dough nuts with wholesome granola bars.

Just doing that much and no more will improve the health of most Americans by half. Virtually all of us know what isn't good for us, work at eliminating that from our lives and we will live healthier.

To get all the way back to basic good food we can start off with wholesome grains, leafy vegetables, legumes, fresh fruit, and of course, [sprouts](#). Any of your other vegetable choices should center on what can be steamed, such as potatoes, squash, etc..

Basically speaking, anything originating from the plant kingdom that is still fairly alive when you eat it is better than something dead.

Are you often tired, lethargic and feeling older than you should? Do you want to get more done and have the non-stop energy of a 7-year-old child? Now there is a miracle food that will give you so much energy that your body will insist that you use it.

We've been looking at attaining greater bodily health through a lens of ratiocination so far. Let's continue that system. What body function uses up the most energy? Actually, the heaviest user isn't the running that we do, or the climbing of stairs, not even slaving over a hot stove. What burns up the most energy is the process of digestion.

Your average body requires between 40 and 60% of its daily energy to process the food it needs for producing the energy you need to keep on living. The fact is, we spend so much energy digesting the food we make our bodies eat, that the body needs to shut down the brain by putting it to sleep.

Your brain is the next biggest user of energy. This probably explains why we often need to take a nap after a big holiday feast.

Consequently, if you cut the amount of processing your system has to do with the food you eat then your available energy RISES. Is there a miracle food that will reduce your energy expenditure on digestion from 60% down to 40%? Yes, in fact, there is a food that might reduce your energy expenditure down to 30%. This could mean an immediate increase of up to 75% more energy aching for you to reach out there and use it.

Scientists have been measuring how much energy certain foods require to digest. They have discovered that the more processed, cooked, and complex the food is, the more energy it takes to digest that food. Those starches first have to be broken down into simple sugars. This breaking down process creates a much heavier energy burden and depletes energy from your body. The more of that kind of food you eat the more energy you will be draining during the digestion process. So, if your supply of energy is low most of the time, or if you hit bottom all too regularly, you need to stay away from that kind of food.

Every cell in your body is fueled by sugar. ANYTHING you eat must be turned into sugar before your cells can use it. Now, by sugar we are not talking about the gleaming crystals you pour out of a sack you buy at the grocery store. That stuff is complex. processed carbohydrates. That stuff can kill you whether it pours out of a sugar sack or comes out of a candy bar.

The simple sugars contained in raw fruits, on the other hand, are completely healthy. The former director of nutrition for the US Olympic Team was so impressed with fruit sugars that he said "Fruits are miracle foods for athletes."

Fruit provides your body with its ideal, cleanest burning and preferred source of sugar. Fruit is predigested fuel or simple carbohydrates which basically means sugar. Your body requires the least energy to digest fruit compared to any other kind of food. In fact, fruit is the most nutritious food on the planet.

A diet rich in fruits and leafy green vegetables, supplies you with virtually all of your nutrient needs, even protein and the essential fatty acids.

Now we know that fruits and vegetables are the healthiest foods on the planet. So why not eat more of them? Make fresh fruit your morning and lunch meals and watch your energy levels soar through the roof. Eat just as much fruit as you need to feel full. If you don't feel full, keep eating fruit. Within three days an amazing increase in your energy levels will be yours.

Meat should be used sparingly. In fact, just generally speaking, the less food you eat the healthier you will be. Just don't go overboard on this practice and reduce yourself to skin and bones.



The fourth essential building block
of good health is [POSTURE](#).

Without food you can make it all the way across Texas. By the same token and by the same measuring stick, without the support of good posture you can only walk around the world a dozen times before you keel over dead, **but you'll begin feeling pain BECAUSE of poor posture BEFORE you get to New York City.**

You can exercise ten hours a day, but if your posture is wrong, you will be hurting yourself. So -- If you really want to FEEL like a healthy winner, hold your shoulders back, tighten up your little bottom, and USE YOUR MUSCLES to keep your back STRAIGHT.

Now look straight ahead at eye level. This will make it necessary for your head to be evenly poised above your spine and therefore your chin will be at right angles to your neck. Keep your shoulders straight across by pushing your chest up **and** out. This will help you to avoid a hunched back, as well as making you feel good.

Your posture while you sit around is also important. See that you sit in a firm chair that CUPS your little bottom. **After you sit in it**, the seat of your chair should be exactly high enough to make your knee joint form a right angle to your upper body when the feet are resting squarely on the floor. The back of your chair should conform to the shape of your spine and it should be firm enough to support your spine.

All corrective methods for improving posture rely on the very systems that are the cause of the problem. The fact that posture can deteriorate suggests the fallibility of these controlling mechanisms. The conventional definition of good posture is the correct alignment of body parts supported by the right amount of muscle tension.

This view has led to the development of exercises to tone up postural muscles diagnosed as weak in order to achieve the ideal shape. Attaining good posture then became an end in itself.

However, these methods do not go deep enough to address the cause of pain and discomfort and are consequently based only on a partial understanding of the condition. Posture is the manifestation of attitude and not simply a matter of muscle tone. Every pathway from the brain leads eventually to a muscle.

Our state of mind therefore influences every move and muscle action, to put it another way - we are becoming what we think.

For example, you may have heard a sports commentator may use the phrases, 'their heads have dropped' or 'the spring has gone from their step' to describe the losing side.

Posture, posture.. Keep it in mind if you want to keep your youthful good health. If you want to SEE good posture, remember first that posture is not a statue-like pose. Posture is the body in motion and if it is not fluid motion then it is not good posture.

For your perfect models look at the way the great athletes of the world hold and use their bodies AS THEY MOVE. Don't look at the ones out in front. Don't look at the ones straining every gut they have in order to win. The athletes you want to study may be farther back. At first glance they appear almost to be coasting along because they move so smoothly. You can tell almost instantly that they are keenly enjoying this competition.

After marking out the athletes you should be watching, follow them off the court, or off the field. The more athletes you watch the more apt you are to discover the denominator common to their posture. Note them at rest, standing, walking, moving with purpose, sitting at their desk. Study how their heads are held, note how the head moves before the body moves and while the body moves.

After you have it set in your mind how the head should be held you move the focus of your study to the neck and shoulders and follow the same pattern of watchful appreciation. Then you proceed to a study of the back as it performs its task, then to the limbs and finally to the extremities.

There should now be a firm, solid picture in your mind of what good posture is. All you have to do is mold yourself into that pattern until it feels natural for you.

Is that easy to do? No, at least not without coaching. Bio-feedback machines can help people who have not spent years in practicing self-observational techniques to make changes in their mood and body. The way it works is that a tone becomes louder as you approach your desired change.

The machine can also be set so that the sound goes away as your goal is reached. Either way, the tone is set to correspond to your body's current condition. [Sophisticated bio-feedback apparatus](#) can be monitoring eight or nine different bodily functions at one time and correlate your progress into one tone that reveals you where you are and where the results of the changes you are making are taking you.

Even the simple [skin conductance response machine](#) by AutoGenic is highly effective. However, all you probably need to monitor your own progress is a simple instrument that registers a simple body reaction, such as perspiration, or in a pinch -- your heart rate.

[The temperature biofeedback device](#) monitors your skin's temperature and can be especially helpful in correcting certain circulatory disorders. The way this works is a sensor is attached to one or more fingers on your dominant hand. When you are tense up or become anxious, your skin temperature drops. That's because your blood is being redirected to other muscles and internal organs in response to your mind's perceived preparatory needs for fight or flight.

The same reaction occurs in the presence of pain and discomfort. Consequently, you can monitor and improve your posture (and any other function that affects your body) by noting the rise or fall corresponding to a change in your posture. Since most machines of this nature can be tuned and reset to lower and higher marks you can develop continuous improvement. [Cerebrex](#) seems to offer the only two stand-alone products on the first one hundred pages of search results. [Nightingale-Conant](#) sells a course of self-improvement that **includes** bio-feedback techniques.

[Live a Longer and Healthier Life](#)
[The Key To Breathing Right](#)
[pain, pain go away](#)
[The Truth about Abs](#)
[sickly state of hospitals](#)
[hospital testing](#)
[The Power of Enzymes](#)
[The Purpose of Nutraceuticals](#)
[Cholesterol and Pharmaceuticals](#)
[Free Book reveals how to Build Great Abs and Strengthen Your Core.](#)
[How to Talk to Your Doctor](#)
[Take a Deep Breath and Hold It!](#)

[Exercise YOUR Way](#)
[Cold Weather Workouts](#)
[exercise motivation](#)
[Great Health Essentials](#)
[Take a Deep Breath](#)
[The Truth about Friendly Bacteria](#)
[Heartburn Relief](#)
[can you quit smoking?](#)
[Drift Off to Sleep](#)
[Your Mattress Can Help You Sleep](#)
[The Undercover Vitamin](#)
[Eat Your Carbs, They Are GOOD for You.](#)

The sixth essential building block of good health is a spiritual essence that gives purpose to our existence. Some synonyms of purpose are: excitement, enthusiasm, anticipation. When you have your spiritual content in order and you have your posture in place, and eating good food, drinking pure water and making good use of the wonderful air you breathe then you will be too busy feeling good to let yourself fall into bad health. Anything else you do will simply be, FINE TUNING..

Herbal Remedies

Herbs have been used for tens of thousands of years to cure all kinds of aches, pains and ailments. Just like people did a long time ago, you can safely treat a wide variety of things with herbs or herbal extracts you can find in your backyard, at health food stores or online. Here is a list of common herbs used to remedy everything from burns to headaches.

Now that I have gotten the basic good sense out of the way, you and I can center our attention on FINE TUNING the minor details you came here to find. The only admonition I have left is to be sure that you use REAL herbs, and not the powders sold in supermarkets.

The "sprinkle it on" variety you get at the supermarket is used for show on cooked foods. You'll hear people say, "I tried Ginger for that ailment and it didn't help me." Ah yes, but before you let your faith be shaken, ask if they used REAL Ginger, or did they shake it out of a bottle they bought at the grocery store. With that caution in mind, let's get going here.

Aloe vera

Aloe Vera is perhaps best known for being an excellent sunburn treatment with superb skin revitalizing properties. Some of its lesser-known uses include aiding the digestive system and maintaining energy levels. It is also commonly taken as a vitamin and mineral supplement because it is chock full of great vitamins that you need. Aloe is typically sold in gel form for use on skin and sunburns and in a drinkable form for use as a dietary supplement.

Ginger

Ginger is an excellent remedy for upset stomachs and has long been used as a remedy for pregnant women experiencing morning sickness or nausea. It is also commonly used to treat inflammation and arthritis pain. Ginger is often consumed as a tea or other beverage to treat nausea. However, it has been used in cuisines around the world as a flavor additive.

Hawthorn berries

Hawthorn berry is well known for the positive effects it has on the circulatory system and heart. This berry is packed with vitamin C and vitamin B and is typically taken over a lengthy period to reap all of the great benefits it has to offer. Most health food stores offer it in liquid and capsule form though the body much more easily absorbs the liquid form.

Milk thistle

Milk Thistle is a powerful antioxidant that aids the liver and has been proven by many studies to help all liver related problems including alcohol related liver disease. The important compound in milk thistle, silymarin, can be hard for the body to absorb and is most effective when taken in the strongest form available.

Suma

Suma is also known as a form of ginseng from Brazil and has been used traditionally for a variety of reasons including: fighting fatigue, supporting the immune system and helping to stay stress free. Suma is often consumed as a tea, but is also readily available as a supplemental pill.

Black cohosh

Black cohosh has been the subject of many successful studies proving that it helps menopausal women reduce the severity of their symptoms including reducing the effect of hot flashes. Its healthy chemicals help regulate and balance a woman's hormones so she does not experience the normal intensity of menopausal symptoms. Typically, black cohosh is taken as a supplemental pill that is available at most health food stores.

Now for the Antioxidant Vitamins

The National Cancer Institute defines antioxidants as substances that may protect cells from the damage caused by unstable molecules known as free radicals. Free radical damage may lead to cancer, is linked to aging, heart disease as well as other illnesses and diseases. Antioxidants interact with and stabilize free radicals and may prevent some of the damage free radicals otherwise might cause.

Examples of antioxidants include, but are not limited to, beta-carotene, lycopene, vitamins C, E, and A.

There are foods that are rich in antioxidants and should be included in our daily diet. Some of those foods are listed below.

Antioxidant vitamins help to stop certain illness, ranging from heart complaint to cancer? In recent years, scientists have identified several antioxidant vitamins possess an added advantage to help maintain good health. In addition to helping to prevent the cardiovascular ailments and cancer, these vitamins are crucial to the health of certain body tissues and specific body processes. If you want to achieve broad range of protection from these unique vitamins, the antioxidant vitamins should be combined with other important nutrients.

Other Benefits of Antioxidant Vitamins

The antioxidant vitamins protect an individual not only against cancer and cardiac problems, but also against nervous disorders, infections, vision problems and the physical effects of aging.

Using antioxidant vitamins in your diet

It really makes sense to eat a well-balanced diet rich in wide variety of vegetables and fruits, which contain many antioxidant vitamins and nutrients. As antioxidants function in your body as an interacting network, make sure to include the antioxidants that act in the water-soluble areas and fat-soluble areas of the body.

You need to include these important vitamins on a daily basis to assure that your body retains the proper antioxidant reserves for future use. The common plants that contain more antioxidant vitamins and nutrients are soy, citrus fruits, ginkgo leaves, rosemary, Bilberry fruit, Noni fruit and turmeric. The best sources of antioxidants are ginger, pomegranate, sunflower seeds, walnuts, and berries and garlic.

The Free Radical Story

Oxidation is the flame of our life. This process occurs to produce energy by controlled fuel burning within our body. The natural by-products of this process are free radicals. These free radicals cause aging and other complications.

The antioxidants (Vitamins A, C, E) reserve in our body and antioxidant daily inclusion takes care of these free radicals by neutralizing them.

Vitamin A

Nearly everyone has heard of Vitamin A's role in immunity, cancer prevention, and bone growth, health of skin and other body linings and in vision. But the hidden effect of the vitamin A is nothing but the antioxidant property. This is readily available in fortified milk and green, orange and yellow vegetables. They really tend to neutralize the "bad guys", the free radicals.

Vitamin C

As an antioxidant, this vitamin can help keep the eye lens healthy by hindering the destructive processes that tend to destroy it. This vitamin also enhances the body's absorption of iron to prevent anemia. Vitamin C helps in preventing oxidation of water-soluble substances in the body. In addition to this, vitamin C plays an important role in the release of stress hormones and connective tissue health.

Vitamin E

This prominent antioxidant vitamin is well known for its antioxidant benefits. Vitamin E blocks fat oxidation, especially in the lungs where copious amounts of oxygen is available and also prevents damage to

cell membranes and linings. Moreover, this vitamin may protect against Parkinson's disease, Alzheimer's disease, age related macular degeneration, cataracts, cancer, and heart disease.

As antioxidant vitamins provide lots of benefits, we cannot include excess of antioxidant vitamins, as it may be dangerous too. The chemical balance of our body may become seriously disrupted when antioxidant vitamins cross the optimal level. Always get the advice of a licensed nutritionist or a health care professional for proper guidance when it comes to the proper dose of any vitamin.

The Top Ten Natural Sources of Important Vitamins and Minerals

Good sources of vitamins are very easy to find if you know where to look. Meats, grains, fruits and vegetables are all excellent natural sources of vitamins. As an added bonus, your body will typically absorb the vitamins found in foods more easily than those found in supplements. This article will discuss the top ten natural foods that contain important vitamins that your body needs.

Oranges

Oranges are not only jam packed with vitamin C, but they also contain potassium, vitamin B6 and vitamin B12.

Vitamin C is commonly know to help prevent and cure the common cold and helps aid in iron absorption but has also been tied to the prevention of heart disease. Vitamin B6 is a powerful tool that aids your metabolism as well as other vital bodily functions.

Salmon

Salmon and other oily fish such as trout, orange roughy or sardines are all rich in vitamin A, D and two important B vitamins. Vitamin A is essential for your immune and reproduction systems.

Carrots

Carrots are heavy on the Vitamin A and also have a good amount of calcium and vitamin C. However, it's important not to overcook them

or all of the healthy vitamins and minerals will be cooked right out. Tossing a fresh carrot into your lunch bag is a great way to keep all those great vitamins right where they should be – in the carrot.

Spinach

Folic Acid or B9 is found abundantly in spinach. Folic acid is vital to pregnant women because it can help reduce the risk of birth defects in newborns. Spinach also has some other important nutrients such as vitamin A, C and E and should be eaten raw to get the most benefit from the nutrients it contains.

Blueberries

Blueberries are perhaps best known for their effects on memory. Studies have shown that the vitamin B compounds in blueberries help improve memory and reduce the risk of Alzheimer's and dementia. They are also a great source for vitamin C.

Almonds

Almonds are chock full of calcium and vitamin E. Vitamin E is thought to help prevent certain cancers and cardiovascular diseases. It's also a great source of calcium which helps build strong bones.

Broccoli

Vitamin K, A and C, calcium and fiber are all very abundant in broccoli and a good dose of broccoli once a week will help prevent cancer as well as help build strong bones.

Cauliflower

Cauliflower is hands down the best source for vitamin K, which is vital to your body's ability to make your blood clot. It is also a good source of vitamin C, fiber and some great nutrients that are believed to help prevent certain cancers like breast and prostate cancer.

Beans

Beans are a great source of folate which is great for cell formation. Iron is also found in beans which helps keep your energy up. Other important substances in beans can help prevent cancer, reduce the risk of diabetes, aid your circulatory system and help control your weight.

Apples

An apple a day may just keep the doctor away. Apples are a great source of vitamin C which will help boost your immune system. However, studies have shown that apples also contain other vital properties that help boost your immune system in ways that vitamin C supplements can't.

The Benefits of Supplemental Extracts

Taking supplemental vitamins is nothing like popping a Tylenol for pain or antibiotic for infection. A supplemental vitamin helps maintain your health and ensure that you get the vitamins you need. You may already get enough of certain vitamins which is why you can buy individual supplements of just about anything you can think of. If you are looking to improve your memory, try ginkgo biloba. For healthy skin try lupine extract. This article will explore the benefits of a few different types of supplements on the market today.

Pomegranate extract supplements

As one of the most powerful antioxidant supplements on the market today, pomegranate extract is touted to be not only an antioxidant, but also an anti-cancer and anti-viral substance.

One of the most important benefits of taking pomegranate in extract form is that you aren't taking in the extra calories that you would in juice form. This is especially important for diabetics or those who want to take pomegranate long term as a dietary supplement. Many studies also indicate that consistent pomegranate use is linked to a drastic decrease in the risk of prostate cancer.

Rosemary extract

When bought in liquid form, rosemary extract can be a powerful supplemental herb. A couple of drops mixed with beef will hinder carcinogenic compounds from being formed on the BBQ. Rosemary extract can also be rubbed on the skin to help circulation and tighten the skin. There have also been studies that rosemary extract pills may help with prostate health and fighting cancers.

Ginkgo biloba extract

Ginkgo is well known as a memory-enhancing agent and is most commonly found in supplemental pill form. The plant originates from China and has a long history of medical uses. It is also thought to be a mild aphrodisiac, Alzheimer's cure and a great antioxidant.

Echinacea

Echinacea is widely used to help the immune system, as an antibiotic and to purify the blood. It is typically sold in supplemental pill form, but it makes an outstanding herbal tea as well. There are many manufacturers that have an Echinacea tea so it is very easy to find online or in your local supermarket.

St. John's Wort

St. John's Wort is used to fight depression, anxiety and other mental disorders. Over the ages, it has been used for a few other things, but mainly for mental disorders. Recent studies have shown that it may not be as powerful as once thought in combating these illnesses, however, St. John's Wort has many followers, including medical professionals that stand by its uses.

As you can see, there are a wide variety of uses and benefits of extracts. The even better news is that this is just a very partial list of supplements available.

Other powerful extracts include: Bilberry, Boswellia, Cranberry, Elderberry, Eyebright, Goldenseal, Grapeseed, Milk Thistle, Tea Tree Oil, and many, many more.

The Controversy of Natural vs. Synthetic: Not all vitamins are the same

There are literally thousands of vitamins and supplements available for purchase today. Each type of supplement such as calcium, ginkgo biloba or multivitamins has many brands available made in a variety

of different ways. Some vitamins are derived directly from natural sources such as oranges, oils, plants and vegetables. And for each vitamin available naturally, there is a vitamin pill available too.

Although the vitamin supplements claim to be the same, you may not be getting the amount of nutrients that you imagine you are getting. It's not to say that synthetic vitamins are inferior to their natural supplements, but it's important you know the differences.

Another important consideration is the fillers used in vitamin supplement pills. Some brands contain extra substances that you really don't need any may actually cause you more harm than good.

Natural vitamin sources

Natural vitamins sources are those that your body gets from fruits, plants, vegetables, animals and other natural sources. This is typically a very easy way for your body to process and absorb the vitamins you are looking for. However, if you do not eat a well balanced diet, your body may be deprived of certain vitamins. Natural vitamin sources may not be adequate in other instances too. For example, you may have an intestinal problem that prevents you from properly absorbing nutrients. If this is the case you may consider supplementing with a vitamin pill to ensure you get your daily allowance of vitamins.

Synthetic vitamin sources

Although some supplemental are derived from natural sources, not all are. Many vitamins, like vitamin C, can be produced synthetically in a laboratory and have exactly the same structure. However, there are vitamins that are not the same, like vitamin E. Vitamin E has two different forms, one that is absorbed and used by the human body and one that is not. In the laboratory, chemists typically produce a vitamin E that is half good vitamin D and half not. What this means to you is that often times the vitamin pills you buy at the drugstore only give your body half the amount of vitamin E as indicated on the label.

Vitamin fillers

Vitamin tablets typically contain a variety of fillers and while some of them are just fine for you, you do need to be on the look out for others, or the risk of overdoing them. Soybean oil is a very common filler and very unhealthy filler found most often in gelcaps. Soybean oil can actually do more harm than the good of the vitamin because it is very high in trans fats (these are the bad fats) and can cause all sorts of heart problems as well as obesity.

Another unnecessary filler to be on the lookout for is **artificial color**. Many artificial colors have proven to be carcinogenic and many people are allergic to them too.

In conclusion, wonderful herbal remedies that have been around since Grandma's day, long, long ago are still available to help people round the world today with many of their health concerns. And in addition to these great finds, modern science and growers offer a variety of other choices like antioxidant vitamins, natural sources of important vitamins and minerals, extracts, natural or synthetic vitamins to supplement the diet.

Here's to your good health!

Now, here is your
Special Vinegar Bonus Section..

Use a cup of vinegar in two gallons of water in the diaper pail to neutralize the urine in cloth diapers. It also helps keep them from staining.

<http://frugal.families.com/blog/more-amazing-uses-for-vinegar>

Wallpaper Removal

Mix equal parts of hot water and vinegar. Next, dip a paint roller or paint brush into the solution, and wet the paper thoroughly. After two or three applications, most of the paper should peel off in sheets. For stubborn spots, repeat process until you are able to peel.

Urine Stains on Fabric or Carpet

They say animal urine, but human urine works this way too. Blot up as much of the liquid as you can. Then use warm (not hot) water to flush the spot several times. Apply a solution of equal parts of vinegar and cold water.

Blot up the excess liquid, rinse with water and allow to dry. If the stain remains, apply the vinegar solution and leave on stain for about 20 minutes. Repeat blotting, rinsing and then allow to dry.

Jars

If you are as frugal as I am, you probably keep packaging containers such as butter and pickle or mayonnaise jars. We use them for other things around the house. Use white vinegar to rinse the inside of the jars once they are clean, to eliminate the odor of whatever used to be in the jar. This also works on plastic storage containers used to store food.

Lime Deposits

I found a cool trick to eliminate lime deposits in faucets. Tie a plastic sandwich baggie filled with ½ cup of vinegar to the entire outside of the faucet head. Be sure the entire thing is drenched and covered in the vinegar. Allow to soak for several hours. It's worked for us and leaves no odors and everything shines and looks so clean!

Acid reflux has been around forever, and one home remedy has been around nearly as long is apple cider vinegar.

All forms of vinegar have been touted as having medicinal uses for thousands of years. The ancient Greek physician Hippocrates is said to have prescribed it for everything from ear infections to rashes, and the Chinese have long used it to prevent the spread of viruses. Its use as an astringent, where it is more effective than icepacks, is well known.

Apple cider vinegar specifically has been cited as a remedy for acid reflux, or gastroesophageal reflux disease (GERT). D.C. Jarvis' bestselling book "Folk Medicine" promoted its use in 1958, and the remedy has been popular ever since.

http://www.countrysidemag.com/issues/4_1999.htm#vinegar

Vinegar is easy to make, from a variety of products. And you can make your own mother of vinegar too, although you don't actually need it. All you have to do is add already-made vinegar to apple cider, in a proportion of 1:4. However, to make mother of vinegar, expose a mixture of one-half vinegar and one-half cider to a temperature of 80 degrees for a few days. The thin scum that forms on the surface is mother of vinegar.

<http://www.chevroncars.com/learn/fun-games/bouncing-egg-trick>

For this simple experiment all you'll need is a jar with a lid, some vinegar and a hard-boiled egg. Make sure to ask your mom for this.

Here's what you do:

Fill the jar with the vinegar (enough to cover the egg) and place the hard-boiled egg inside of the jar. Put the lid on the jar and loosely tighten it. Leave the jar in a place where it will not be disturbed; especially away from the little brother's hands. You'll notice that many small bubbles will form on the eggshell as soon as you place the egg in the vinegar. If you watch the egg for a while, you'll see that some of the bubbles will grow larger and rise to the surface of the vinegar.

<http://www.zianet.com/overkill/dopeland/eggtricks.htm>

There are plenty of other dumb things to do with eggs, one being the egg in the bottle trick. Use a shelled, hard-boiled egg. The egg needs to be free from cracks in the white and smooth. Find a bottle with a

neck just small enough that the egg won't fall in (a carafe, milk bottle, or some baby bottles). Wad up a little piece of paper and drop it in the bottle (you can also use 2 or 3 wooden matches). Light the paper or matches, allow to burn out, and immediately put the egg in the bottleneck, where it should be sucked in (making a very interesting sound in the process).

Now science tells us that vinegar promotes blood circulation in the small blood capillaries that irrigate the skin. It is also antiseptic, combating yeasts, viruses, and bacteria that can cause infection.

Apple cider vinegar is rich in alpha-hydroxy acids, helping to dissolve fatty deposits on the skin's surface and reducing scaly conditions, promoting a softer, smoother appearance.

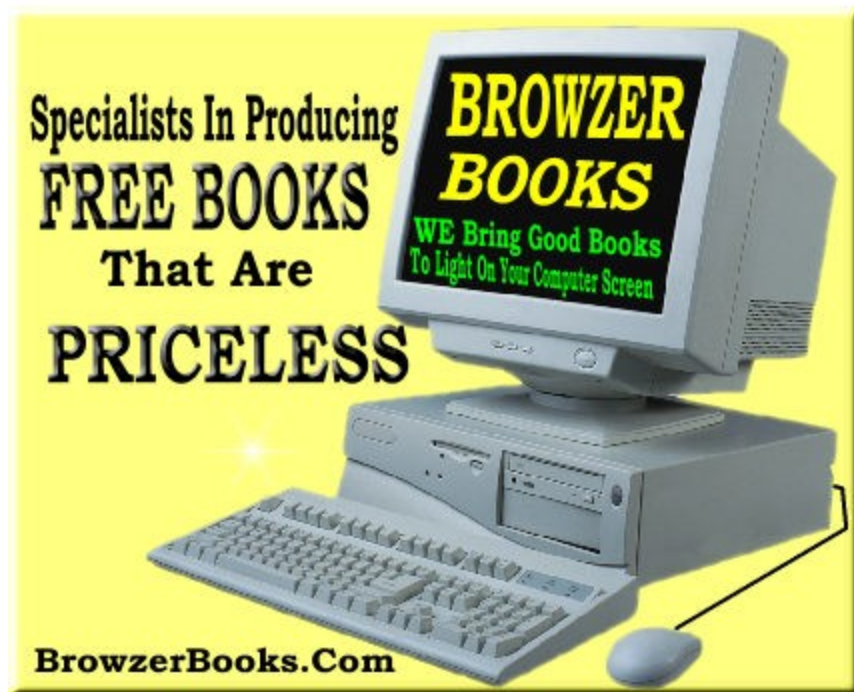
Why, you could [Sweeten Your Life With VINEGAR](#) if you wanted to.

* * *

Now that you've been dabbling in the arcane arts for more than twenty five pages you'll also want to investigate the arcane tools of the inquisitive alchemist. Right? [Click HERE then.](#)

* * *

This has been a Browzer Book



AFTER following up on the links in this report for even more good information you can print this report out and keep it on your desk for future reference. But please, if you want to GIVE someone a copy, please refer them to the <http://www.talewins.com/naturalherbals.htm> page to download the very latest version for FREE.

There are three ways to receive Our Latest Articles,
#1, visit <http://talewins.com/sweetheartlinks.htm> every two or three days and see if you can catch the ones that interest you most.
#2, visit <http://www.talewins.com/sweetheart.htm> and sign up for our NEWS advisor.
#3, [Sign up for one of our newsletters](#) and let us TELL YOU with an email every time we publish something new.

* * *

[Click HERE](#) if you'd like to earn a little extra income by giving free books (like this one) away to your friends and neighbors.

Thank you.