

Intelligent Triumphant™

Imagine living in the Garden of Eden. We can achieve this if we instill this vision in our children's minds. Our children become the environment or surrounding they are involved. We as parents can together make this world a better place by seeing the world through our children's eyes. Our children can achieve the impossible, if we encourage them unto life of paradise of love, peace, security and joy.

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Living Herb Cafe™

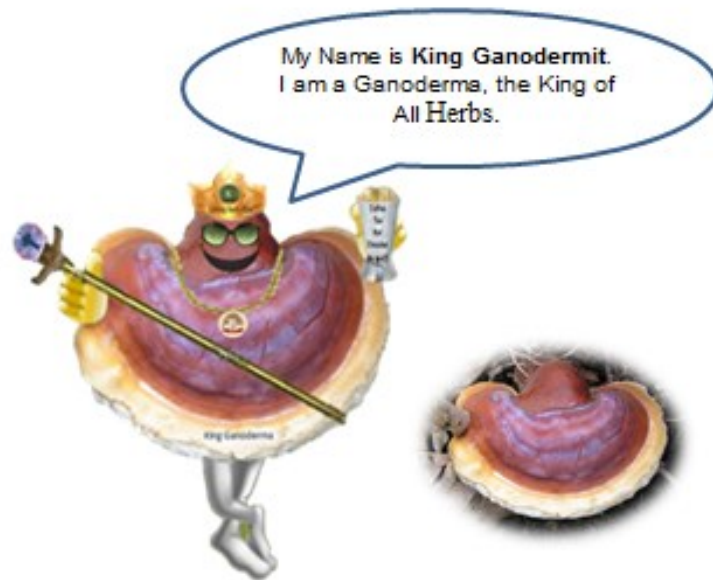


Education

in

Herbs and Health





Ganoderma is a mushroom. A mushroom is a fungi, called *saprophyte*. A saprophyte¹ – [Gr. *Sapros, putrid* + *phyton, plant*] – Any organism living on decaying or dead organic matter. Most of the higher fungi are saprophyte. Ganoderma is of the Herb family.

The name *Ganoderma* is derived from the Greek *ganos/γανος* "brightness, sheen", hence "shining" and *derma/δερμα* "skin",

¹ Taber's Cyclopedic Medical Dictionary, edition 17, pg. 1749

Tulsi has been traditionally employed in hundreds of different formulations for the treatment of a wide range of disorders, including those of the mouth and throat, lungs, heart, blood, liver, kidney, and the digestive, metabolic, reproductive and nervous systems. Tulsi is commonly used to treat coughs, colds and flu, head and ear aches, rheumatism and arthritis, malaria, fever, allergies, and various skin diseases, to reduce the toxicity of various poisons, including insect and reptile bites, to expel intestinal parasites, repel insects and purify the air.

Overall, Tulsi is a premier **adaptogen**, helping the body and mind to adapt and cope with a wide range of physical, emotional, chemical and infectious stresses, and restore disturbed physiological and psychological functions to a normal healthy state.

What is an adaptogen?

An adaptogen is an agent that helps the body adapt more efficiently to stress. Adaptogens reduce the intensity and negative impact of the stress caused by mental tension, emotional difficulties, poor lifestyle habits, disease and infection, pollution and other factors. Tulsi is one of the most effective adaptogens known.

Tulsi is still traditionally grown in an earthenware pot in every family home or garden, and the leaves are used to make a delicious and refreshing tea that possesses wonderful health benefits.

As cement, urban sprawl, cell phones and computers isolate us from the natural world, humans are no longer in daily communion with plants and other living species. This separation from nature is at the root of unprecedented levels of suffering and disease for people, animals, plants and the planet.

Tulsi has become an ambassador for the plant kingdom.

Dissolving the conventional boundaries between plants and people, ***Tulsi, Queen of Herbs*** draws us into the green world, giving us a rare understanding and feeling for our inter-connectedness and bringing about a deep transformation in our consciousness.

Tulsi is frequently mentioned as one of the main pillars of herbal medicine. The sacred plant is described as a protector of life, preventing misery and disease from birth through old age and death — and even then aiding the passage to the heavens.

As you grow older, you'll first face problem with your circulatory system. The increase of blood viscosity slows down your blood circulation. Fatty substances such as cholesterol and triglyceride slowly increase and accumulate on your blood vessel wall.

As the deposit on blood vessel wall gets thicker, it leads to circulation diseases such as arteriosclerosis, hardening of coronary artery and thrombosis.

The narrowing of blood vessel and increase of circulation blockage reduces blood flow. Therefore, it prevents good blood supply from reaching the heart.

Ganoderma Lucidum as herbs for circulation contains Triterpenes which can improve blood circulation and significantly reduce the amount of fatty substances such as cholesterol and triglyceride.

This in turn helps to prevent:

- heart disease
- hypertension
- hardening of coronary artery
- and other coronary heart diseases.

Ganoderma herb also helps overcoming cardiac muscle deficiency. Furthermore, it significantly reduces the symptoms of angina pectoris and provide protection for the heart.

Pharmalogical research shows that Ganoderma Lucidum herb has a calming and sedative effect on nervous system. It can also help you to:

- improve sleep and appetite
- enhances vital energy
- improves memory
- and regain vitality
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All these with no side effects at all.

Researches showed that Ganoderma Lucidum herb is high in Organic Germanium, Triterpenes and Polysaccharides. These are active components that strengthen your immune system.

T-lymphocyte and Macrophage are your important immunity cells.

The active components of Ganoderma Lucidum herb can strengthen Lymphocyte and Macrophage to destroy abnormal cells like cancer cells.

As a result, it helps in the prevention and treatment of cancer.



For more than 5000 years Tulsi (also known as Holy Basil) has been considered India's "Queen of Herbs" and has been revered as one of the most sacred herbs in India, infused with healing power.