



Kudzu / St. John's Wort

(Concentrate)

Stock #975-6 (100 capsules)

Kudzu/St. John's Wort has been formulated for those wanting to reduce consumption of or break an addiction to alcohol. Kudzu/St. John's Wort contains herbs which relieve cravings for alcohol, inhibit alcohol metabolism in the liver, and soothe withdrawal symptoms, including increased anxiety, depression, insomnia, and nervousness. Alfalfa is added to this combination to provide nutritional support to the body and improve digestion.

Alfalfa improves the efficiency of digestion by stimulating appetite and absorption of nutrients. Alfalfa reduces blood pressure and is a popular blood purifier, assisting cellular detoxification by neutralizing chemical carcinogens in the liver and small intestine. Alfalfa also promotes the proliferation of healthy intestinal flora to guard against intestinal pathogens (disease-causing microorganisms). Alfalfa also provides a good supply of vitamins A, B1, niacin (B3), and C. Alfalfa is commonly used for anorexia, arthritis, debility, gout, hypertension, rheumatism, and weak digestion.

Kudzu contains the isoflavones daidzein, daidzin, and peuriarin, which have been found to be beneficial in the treatment of alcoholism. Studies confirm that 150mg per kilogram of body weight of kudzu isoflavones can greatly decrease the cravings for alcohol.

Chinese researchers have shown kudzu strengthens capillaries and dilates coronary arteries to prevent angina pectoris. Kudzu also reduces blood pressure, lowers blood sugar levels, increases perspiration to cool fever, relaxes muscle spasms, calms the nerves, soothes the digestive system, encourages measles to surface, promotes the production of body fluids, relieves pain, and acts as an antidote to alcohol or drug poisoning. Kudzu is used in Chinese medicine for colds, convulsions, sudden deafness, diarrhea, feverish illness, headache, influenza, measles, muscular tension in neck/shoulders, stiff neck/upper back, and thirst in diabetes.

St. John's Wort relaxes muscle spasms, expels phlegm, stimulates the immune system, calms and strengthens nerves, and promotes urine flow. St. John's Wort contains hypericin, a substance having antiviral and antidepressive actions, which has been used successfully in Europe as a natural antidepressant. Studies show hypericin reduces levels of anxiety and depression and increases levels of dopamine and serotonin, which elevate mood. St. John's Wort has also been shown to have fewer side effects than leading tricyclic antidepressants, such as imipramine hydrochloride. Today, St. John's Wort is being used for anxiety, asthma, catarrh, chest congestion, colds, depression, fever, headache, hysteria, insomnia, menstrual/uterine cramps, nervous conditions, PMS, sciatica, and even AIDS and HIV.

Companion products:

Herbs - chamomile, dandelion, gotu kola, licorice root, passion flower, red clover, sage, valerian, APS II, Chinese Liver Balance, Chinese Mood Elevator, Chinese Stress Relief, Enviro-Detox, Herbal Sleep, LIV-J, Milk Thistle Combination, Nerve Control, Oregon Grape, Stress-J, SUMA, Stress Relief, Super Algae, Tiao He Cleanse

Vitamins/Supplements - Antioxidant Arsenal, B-complex, Bifidophilus, vitamin C, Citrus Bioflavonoids, CoQ10, vitamin E w/Selenium, Food Enzymes, Grapeine, L-Glutamine, Nutri-Calm, Super Supplemental, Trace Mineral Maintenance

Homeopathics - Depressaqueel, Detoxification, Distress Remedy, Fatigue/Exhaustion, Migraquel, Nervousness, Pain