



Red Beet Root Formula

(formerly Fasting Plus)

Stock #870-0 (100 capsules)

Red Beet Root Formula helps enhance internal cleansing by moistening mucous membranes and stimulating the body's detoxification processes. Red Beet Root Formula combines herbs that promote circulation and urine flow, improve the breakdown and elimination of toxins, facilitate liver function, soothe inflammation, and provide a mild laxative effect. Red Beet Root Formula also helps nourish the body, especially while fasting during a cleanse.

Red Beet Root Formula has also been used to help allergies, arthritis, constipation, foreign growths, gastrointestinal congestion, obesity, rheumatism, skin problems and toxicity.

Fennel seeds contain a volatile oil that is responsible for the herb's antispasmodic properties and its ability to help relieve gas. In fact, fennel is perhaps most commonly used to reduce abdominal distension (bloating) and ease stomach pain. Research shows fennel increases the production of digestive fluids, reduces inflammation, and acts as an antiseptic and diuretic. Fennel has often been used for amenorrhea (absence of menstruation), anorexia, colds, colic, constipation, coughs, diarrhea, dyspepsia (indigestion), flatulence, flu and heart problems. European research shows fennel not only relaxes the smooth muscle lining of the digestive tract and helps alleviate gas, but also destroys certain bacteria. In Germany, fennel is commonly prescribed for gas pain, indigestion and infant colic.

Hawthorn is known as the "heart herb" for its many benefits as a heart tonic. Studies confirm the traditional use of hawthorn berries to strengthen and normalize the heart beat, prevent and reduce heart arrhythmias (irregularity of the heartbeat), and guard the heart against oxygen deficiency. Hawthorn berries are particularly beneficial for the treatment of angina (chest pain). Hawthorn berries have been shown to enhance coronary circulation and myocardial metabolism, enabling the heart to operate using less oxygen. Hawthorn berries reduce high blood pressure by decreasing heart output and enlarging peripheral blood vessels; however, hawthorn berries also raise low blood pressure. Hawthorn berries have even been shown to reduce cholesterol. Hawthorn berries are often used for atherosclerosis (fatty plaque buildup in the arteries), blood clots, mild congestive heart failure, coronary heart disease, hypertension (high blood pressure), insufficient peripheral circulation, insomnia and rapid pulse.

Licorice increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, enables the body to expel phlegm, strengthens the adrenal glands, stimulates the adrenal cortex, lowers cholesterol, and acts as a mild laxative. Licorice is also particularly beneficial for gastrointestinal problems such as gastritis (stomach inflammation), peptic ulceration, and excessive stomach acid. Licorice is a powerful anti-inflammatory and anti-arthritis, and has been proven as an effective treatment for chronic hepatitis B and liver cirrhosis. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia (low blood sugar levels), especially due to adrenal stress. Additionally, licorice exhibits antibacterial, antifungal, antimicrobial, antiviral and possible anticancer properties

Red beet stimulates the production of digestive fluids and enzymes, improves circulation and purifies the blood, nourishes the liver, moistens intestinal tissues, relieves inflammation, and promotes urine flow. Red beet also enhances immunity due to the presence of the anthocyanin, betanin. Red beet is a good source of potassium and has been used as part of an herbal cleansing regimen for treating cancer. Red beet is also rich in silicon, organic sodium and dietary fiber, and has been used to improve iron deficiencies and relieve inflammation of nervous system tissues. Red beet has been found helpful for constipation, frequent urination, liver congestion and liver dysfunction, inflammatory skin conditions, menorrhagia (heavy menstrual bleeding), nervousness and vascular congestion.