



SF

Stock #1067-5 (100 capsules)

SF is an herbal combination to assist weight-loss by stimulating the body's detoxification and elimination processes. SF helps the body expel accumulated fluids and toxins via the colon, liver, and kidneys. SF contains herbs which stimulate production of digestive fluids and bile, reduce cholesterol, improve liver and gallbladder function, purify the blood, and act as diuretics and mild laxatives to assist elimination of accumulated fluids and wastes. SF also increases immunity, soothes inflammation, relaxes muscle spasms, and destroys intestinal parasites and worms. SF supplies a rich array of vitamins, minerals, and phytonutrients to nourish the body and increase health.

SF is the ideal complement to any weight management program, and is also beneficial for abdominal distension (bloating), arthritis, cardiovascular disease, constipation, dyspepsia, flatulence, gallbladder dysfunction, gallstones, gout, hemorrhoids, hypercholesterolemia, jaundice, poor liver function, rheumatism, skin problems, swollen glands and urinary dysfunction.

Black walnut is a good source of iodine, and as such, is popular as a thyroid stimulant to help underactive thyroid conditions. Black walnut contains linolenic acid, an essential fatty acid necessary for healthy cell function, the production of prostaglandins, and useful for menstrual dysfunction and skin problems such as eczema and psoriasis. Black walnut provides a rich source of the trace mineral selenium, as well as iron and potassium. A team of scientists from the University of Missouri conducted studies in the late 1960's which showed that ellagic acid, found in black walnut, reduced blood pressure while simultaneously inhibiting other substances from reducing blood pressure when used in large doses. Black walnut has also been used for anemia, chronic diarrhea, hemorrhoids, and to expel a variety of intestinal parasites, worms and yeast.

Cascara Sagrada is widely known for its laxative effects. Its non-habit-forming and mild nature have made cascara a popular treatment worldwide for chronic constipation, even for small children and the elderly. Cascara is also used to treat hemorrhoids and piles. Cascara has been shown to stimulate bile production and is beneficial for digestive and liver problems, particularly enlarged liver. Cascara has also been found an effective for treating colitis, diverticulosis, dyspepsia, gallstones, intestinal parasites, jaundice, skin diseases, sluggish gall bladder function, and worms.

Chickweed provides ample amounts of viscous fiber and stimulates digestion due to the presence of triterpenoid saponins. Chickweed is believed to help break up fat and fatty deposits in the body, perhaps due to these same saponins. Chickweed has been shown to help gastrointestinal problems such as constipation, hemorrhoids, intestinal toxicity, and ulcers, as well as balance intestinal flora, provide bulk to the stool, and reduce bowel transit time. Chickweed also helps reduce inflammation and acts as a blood purifier and anti-rheumatic agent. Chickweed also promotes a cleansing, soothing, tonic effect on the urinary system for relieving cystitis and urinary tract inflammation. Chickweed has been found beneficial for iron-deficiency anemia due to its high iron content, as well as debility and weakness because of its combined nutrient profile and ability to enhance assimilation and absorption of dietary nutrients.

Dandelion has been shown to help the liver and gallbladder filter out toxins and purify the blood, as well as stimulates the kidneys to eliminate toxins through the urine. Dandelion contains enzyme-like compounds which assist cell metabolism and increase bile secretion in the liver. As a result, dandelion inhibits bile duct inflammation, cirrhosis, dyspepsia with constipation, gallstones, hepatitis and jaundice. Other research shows dandelion exhibits anti-inflammatory properties and restricts the development of an enlarged or swollen liver. In essence, all glands associated with digestive function respond quickly and effectively to dandelion. Dandelion provides viscous fiber which absorbs toxins from the bowel, balances intestinal flora, lowers serum cholesterol, reduces bowel transit time, and soothes digestive tract tissues. Dandelion is also a source of bitter flavonoids which purify the blood, increase urine flow, relieve inflammation and muscle spasms, and provide a mild laxative action. The herb is especially beneficial for spleen ailments and for eliminating uric acid buildup. Dandelion has also been used to treat acne, age spots, eczema, frequent urination, heartburn, psoriasis, rheumatism, urinary disorders, water retention, chronic joint complaints, including gout and osteoarthritis, and edema resulting from high blood pressure and heart weakness.

Fennel increases the production of digestive fluids, reduces inflammation, and acts as an antiseptic, diuretic, mild expectorant and appetite stimulant, and antispasmodic to help relieve chronic coughs. Fennel is also believed to promote deeper breathing. Recent scientific studies show fennel demonstrates antibacterial and antifungal activity in vitro. Fennel has been found helpful for colds, colic, coughs, dyspepsia, flatulence, flu, heart problems, and even the relief of menopausal symptoms.

Gotu kola is often referred to as “brain food,” because it enhances memory and energy, and stimulates the pituitary gland. Gotu kola has been proven an effective treatment for numerous mental disorders, as well as for reducing high blood pressure and high serum cholesterol levels. Recent research confirms gotu kola acts as a blood purifier, diuretic, and antispasmodic, helping to relieve muscle cramps. Gotu kola has been found to stimulate the immune system, reduce fever and inflammation, and speed the healing of wounds. Among the more well-known uses for gotu kola are the treatment of brain fatigue, cardiovascular health, depression, high blood pressure, memory problems, menopause, mental disorders, nervous breakdown, rheumatism, rheumatoid arthritis, senility, stamina, and vitality. Some people report gotu kola even helps remove age spots.

Hawthorn is known as the heart herb for its many benefits as a heart tonic. Studies confirm traditional use of hawthorn berries to strengthen and normalize the heart beat, prevent and reduce heart arrhythmias, and guard the heart against oxygen deficiency. Hawthorn berries are particularly beneficial for the treatment of angina. 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, and when used in conjunction with ginkgo biloba, to enhance poor memory by increasing blood flow and oxygen to the brain. Hawthorn berries are often used for atherosclerosis, blood clots, mild congestive heart failure, coronary heart disease, hypertension, 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, peptic ulceration, and excessive stomach acid. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress. Additionally, licorice exhibits antibacterial, antifungal, antimicrobial, antiviral, and possible anticancer properties.

Papaya enzymes help numerous stomach problems, including those resulting from inefficient fat digestion, liver and bile duct ailments, and pancreas disease. Papaya is used for belching, flatulence, indigestion, and nausea. Papaya is becoming a popular natural treatment for achlorhydria—the absence of hydrochloric acid in the gastric juices. Papaya also exhibits the ability to destroy microbes and parasites, especially threadworms and roundworms. Papaya is an excellent source of papain, a proteolytic enzyme which breaks down proteins, small peptides, amides and esters. Papain's digestive activity also extends to carbohydrates and fats. Papain is quite similar to pepsin, a digestive enzyme produced by the body, and is often referred to as vegetable pepsin. Papaya also contains other enzymes which metabolize starches and milk protein, as well as carpaine, a substance which has been shown to provide anti-tumor activity.

Parthenium, a close relative of echinacea, mimicks the medicinal qualities of echinacea in many ways. Like echinacea, parthenium is an immune system stimulant which assembles and activates T-lymphocytes (killer cells) and other immune system cells. Parthenium contains mucilaginous substances which soothe inflamed tissues. Parthenium has been used by herbalists to treat blood poisoning, debility, fatigue, gastrointestinal infections, inflammatory skin conditions, respiratory infections, tonsillitis, swollen glands, venereal disease, and wounds.

Safflowers stimulate the production and release of bile, helping to relieve gallbladder dysfunction, gallstones, jaundice, liver congestion and stagnation, sluggish liver function, and menstrual problems related to liver congestion, including amenorrhea and dysmenorrhea. Safflowers also act as a mild laxative and blood purifier, eliminating toxins and waste acids, including lactic acid. Safflowers are commonly used for arthritis, bursitis, gout, and skin rashes, including psoriasis. Chinese research suggests safflower flowers may decrease the risk of coronary artery disease and reduce cholesterol levels.