



HB o7 Anti Inflammation Blend

Black Rice – Mangosteen – Amalaki – Papaya – Stevia

Average serving per day 2 Teaspoons (10g)

250g Bottle Powder Blend

Description

- achieve a healthier body with this herbal mix, rich in anti-inflammatory antioxidants and vitamins
- contains organic mangosteen, organic sprouted black rice, organic papaya leaves, organic amalaki & stevia
- freeze dried using zero heat to preserve taste, vitamins and nutrients
- free of additives, FDA approved, Organic, GMP & Halal certified, USDA Food Facility registered.

To learn more about the benefits of one of the ingredients, black rice powder, watch [Health Talk](#) on Fox News TV.

Product Details



Inflammation is part of our natural defense and healing system. It occurs when our body attempts to isolate damage or infection. It helps us to heal our wounds. However when the inflammation becomes chronic then it becomes part of the problem rather than part of the solution. When the body overreacts to injuries with excessive pain and inflammation, then a dampening of the inflammatory process becomes a desirable therapeutic intervention.



Arthritis and other chronic inflammatory diseases attack muscles, joints, and connective tissue. Pain and swelling occur when the body knows it has been injured. The cell's membrane cries out chemically to let the body know it has been hurt. The cell's "cry" is a molecule called arachidonic acid (AA). The AA triggers a chain of events to rescue the cell. First an enzyme (cyclooxygenase) converts the AA into prostaglandins which cause blood vessels to release fluids (swelling) to wall off the area of damage and stimulate the nerve endings to produce pain. This identifies the location of the damage and the brain sends immune cells to the rescue the damaged cells.

SPROUTED BLACK RICE



Organically Grown: Rice cultivation typically involves substantial use of chemicals, wet-land rice, grown in the same rice paddies over many years, depletes the soil to the point that considerable use of chemicals is required.

IN CONTRAST, ALL OF OUR BLACK RICE IS ORGANICALLY GROWN.

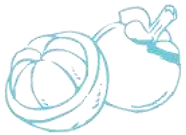
Independent studies have shown positive results from Black rice in treating various forms of Inflammation. A distinguishing characteristic of Black Rice is the strong anthocyanin antioxidants contained in the deep-purple flavonoid pigments in its kernel. The strong antioxidant properties of Black Rice make it an effective anti-inflammatory food; which helps cut down on general infections and illnesses. The strong antioxidant action of flavonoids creates anti-inflammatory action.

In a study published in the “American Chemical’s Journal of Agricultural and Food Chemistry,” researchers found that a diet supplemented with ten percent black rice bran significantly reduced inflammation and also found that black rice bran inhibits the release of histamine, a chemical that triggers inflammation. Black rice consumption can alleviate allergic dermatitis symptoms such as swelling, and allergy and asthma sufferers may find relief by adding black rice to their diet.

Researchers at Ajou University in Suwon, S. Korea tested black rice for its effectiveness in protecting against skin inflammations and found that black rice bran suppressed dermatitis. This scientific study suggests that black rice may be a “useful therapeutic agent for the treatment and prevention of diseases associated with chronic inflammation.”

- Bran-complete (high fiber) – Sprouted - Fresh freeze dried - High Protein - Highly Nutritional
- Low in sugar - Low Glycemic - Antioxidant rich (all 7 Anthocyanin species)
- Natural source of C3G (assisting weight management) - All 20 Amino Acids

MANGOSTEEN: “THE QUEEN OF FRUITS”



Mangosteen rind has been used for centuries in S.E. Asia to treat inflammation such as diarrhea and dysentery (inflammation of the large bowel). Researchers have successfully investigated Mangosteen as a cure for other forms of inflammation. Japanese researchers have identified a compound in Mangosteen that directly inhibits the cyclooxygenase enzyme and thereby interrupts the inflammation cycle. It does so without the negative side effects associated with anti-inflammatory drugs.

There may be no other plant more widely used and studied in Asia that is so unfamiliar to the Western world.

Noted ethno biologist, Dr. James Duke has identified 210 distinct active ingredients found in mangosteen, each of which play a role in maintaining balance in the human body.

Among the fruit peels, mangosteen peel is an important source of natural phenolic antioxidants. The mangosteen peel contains various bioactive substances, i.e., phenolic acids and flavonoids, which possess biological and medicinal properties, especially antioxidant properties.

XANTHONES:

Mangosteen is a rich source of antioxidants and vitamins. The special antioxidant found in abundance that gives the fruit a superior edge, is a class of naturally occurring polyphenol compounds known as Xanthones. Mangosteen has two classes of Xanthones -alpha mangosteen and gamma mangosteen. The mangosteen fruit is said to contain at least 20 known Xanthones, majority of which are found in the fruit wall or pericarp of the fruit. Xanthones work to reduce oxidative stress caused by free radicals. By damaging the free radicals, these antioxidants protect the body from various diseases, ranging from common cold and flu, cancer risk and heart disorders.

Modern medical research supports the fact that the “alpha mangostin” and “gamma mangostin” xanthones found in mangosteen are among the most powerful and effective antioxidants found anywhere in nature. They are highly bio-available and help your body to fight oxidation and the evasive deleterious health effects caused by oxidative imbalance.

The protective nature of the antioxidants in mangosteen are somewhat unique. Their xanthone structure allows them to bind to the inside of cell membranes where they exert antioxidant activity protecting the structure and function of the cells. Recent studies (advanced proteomic evaluation) indicate that mangosteen xanthones enhanced the protective benefits of cellular proteins.

BOOSTS IMMUNITY:

The Xanthones coupled with vitamin C found in abundance in mangosteen work wonders for an enhanced and improved immunity system. While Xanthones do their bit in fighting the free radicals, Vitamin C promotes the production and function of leukocytes or the white blood cells, which are majorly responsible for good immunity. The more the count, the more you are protected against infections.

ANTI-INFLAMMATORY:

Inflammation is a natural and healthy response by which our bodies isolate a problem. It's part of our natural defense system. However, if we experience inflammation from minor injuries that don't require an intense response, dampening the inflammatory process becomes an important therapeutic intervention.

Exposure to environmental toxins and the evasive consumption of processed foods and dependence on synthetic substances causes our natural defense systems to go on overload. Our bodies, unable to find and read natural markers in these synthetic substances, identify them as foreign invaders and defend against them. This can result in chronic inflammation with its many negative health consequences.

In S.E. Asia mangosteen rind has been used for centuries in response to inflammation of the intestine (dysentery), and diarrhea as well as other types of inflammation. Japanese scientists have demonstrated (using lab animals) that a mangosteen xanthone directly inhibits the cyclooxygenase enzyme, thus interrupting the chain of events leading to inflammation. Science is, once again, verifying and validating centuries of successful use and traditional wisdom. The anti-inflammatory properties of mangosteen have been compared in strength and effectiveness to potent anti-inflammatory prescription drugs. However, take a look at the long list of the drugs' possible adverse side effects compared to mangosteen which is without any known adverse side effects.

NUTRITION:

Imagine the benefits of consuming Flavonoids of Dark Chocolate, Catechins of Green Tea, Vitamin C of Oranges, Carotene of Carrots, Proanthocyanidins of Grape Seeds and Polysaccharides of Aloe Vera all at once, day after day. Mangosteen contains ALL these nutrients in substantial amounts. These and other essential nutrients help to protect and balance your body. Good nutrition is essential to good health, vitality and long life.

PAPAYA LEAVES



Papaya leaves reduce inflammation of the stomach lining, heal gastric ulcers and acid reflux by killing (digesting) *H. pylori* bacteria. It soothes colon inflammation and other inflammatory bowel diseases.

AMALAKI (AMALA): “THE GREAT REJUVENATOR”



Ayurvedic texts (now confirmed by modern science) describe Amalaki as a potent anti-inflammatory. We know that its bioflavonoids, rutin, quercetin and superoxide dismutase contribute to the anti-inflammatory qualities of Amalaki. Amalaki is nature's highest source of Vitamin C. The combination of Mangosteen rind, Sprouted Black Rice, Papaya Leaves and Amalaki create a synergistic herbal blend to fight chronic inflammation.

VITAMIN C: Amalaki is the highest natural source of vitamin C, with 3000 mg per fruit. Amalaki juice contains approximately 20 times more vitamin C than orange juice. This extraordinarily high vitamin C content provides Amalaki with strong antioxidant properties among the other known health benefits of vitamin C. The vitamin C in Amalaki is protected from oxidation from heat by tannins which protect and preserve its vitamin C. Naturally occurring vitamin C is more bio-available and substantially more effective than synthetic vitamin C.

ANTI-AGING: Amalaki is most famous as an anti-aging and rejuvenative botanical. It is the most important of the “*rasayana*” herbs which improve the blood and thereby promote the health of all the tissues of the body. This, in combination with the cleansing and balancing effects of Amalaki described below make it a powerful anti-aging botanical.

DETOX: Amalaki cleanses your entire elimination system including intestines and colon, liver, kidney and bladder. According to Ayurveda (and other medical systems) the colon is the “mother of all disease.” When waste products are not properly eliminated, the body gets sick. The accumulated waste products (toxins) interfere with the natural functioning of our body and prevent optimum functioning of our physical systems, “when the sinus is congested, clean the colon, this is the plug at the bottom of the pond.” Throughout India and Asia Amalaki is widely used to clear sinus, throat, and lung conditions. Masters of Yoga have used Amalaki for thousands of years to cleanse their system in preparation for deep meditation.

BALANCE: In Ayurveda self-healing is achieved through conscious creation of balance

(Homeostasis). Ayurveda describes the transference of energy into matter and matter into energy. Aberrations in this energy transference create malfunctions in the cells. The remedy is not in the chemistry per se, but in the creation of balance. In fact, when the body is balanced (as in meditation) our metabolism slows down (as measured by oxygen consumption), cardiac output (work load on your heart) drops, while blood circulation increases at the same time. Lactic acid levels (a measurement of stress) decrease. In balance, the entire function of our physiology becomes optimized and super-efficient. The essence of healing is embodied in Adaptogens, of which Amalaki is one of the most potent on the planet.

Summary

Anti-inflammatory diet: Some people focus on eating foods that reduce inflammation, while others avoid those that may trigger inflammation. Fried foods, soda, refined carbohydrates, and red meat may cause inflammation, while nuts, blueberries, strawberries, olive oil, tomatoes, and leafy green vegetables may help fight it.

Natural anti-inflammatory supplements can help the body fight pain and inflammation. They may even prevent some of the long term complications of chronic inflammation, such as cancer.

Before trying a new anti-inflammatory treatment, even a natural one, it is important to consult a doctor. Natural remedies are often potent medicine that can cause side effects and interact with other drugs.

When they work, however, they may reduce the need to take prescription or OTC medications.

A Weight Management Smoothie – suggestion.



Banana Smoothie

Although this recipe may sound plain by its name, it is in fact very smooth and exquisitely delicious with our **Sprouted Black Rice**. If you buy more bananas than you can use, just peel, slice and freeze them and they will last indefinitely.

Makes a 12oz glass.

Add contents to blender jar in the following order:

1 cup of an alternative milk or water and/or 2 tablespoons of yoghurt

1 to 2 Sachets of Weight Management (Dependent upon your B.M.I.) see chart above.

1/2 banana (Fresh or Frozen pieces) Blend 15 to 20 seconds

You can add some frozen or fresh fruit or fruit concentrate 1 to 2 cups of ice

Blend again until perfect consistency is achieved.

An alternative way to take the sachet would be to empty contents into a yoghurt mix and eat.

Or for quickness, mix sachet contents with water, allow 1 min to dissolve stir well and drink using a straw. WWW.cptsuperherbs.com



CELLULAR PRESERVATION TECHNOLOGY

It is this process that distinguishes our herbs from all others.

1. Our herbs do not require any preservatives or heat treatment to prevent degradation. If this were a crème or liquid it would require preservatives since moisture is the medium for the enzymes and microorganisms to degrade the product.
2. The enzymes, vitamins, minerals and other vital ingredients are preserved with their full potency intact. The value of the herbs and botanicals are kept at their highest level.
3. It is exactly this high level of preservation of the vital ingredients that create the results that we would otherwise not achieve in traditional drying methods, even if we had used exactly the same ingredients in exactly the same proportions.
4. If we use heat to remove the moisture (de-hydration), the heat will denaturize the enzymes (making them ineffective), reduce the protein levels considerably and oxidize thermo-sensitive vitamins such as Vit C and beta-carotene.
5. The freeze dry process eliminates water without exposure to heat thereby preserving all of the enzymes, vitamins, minerals, and bioactive compounds.
6. The very small particle size (micronization - no need for grinding) and porous particle structure achieved by the Bio-Dynamic Freeze Dry Process allow our herbs to be more easily absorbed and metabolized. Vitamins such as Vit C are fat soluble and are easily and quickly absorbed into our body.
7. The effectiveness and capabilities of all our herbs are greatly enhanced due to the particulate size and structure produced by our transitional and evolutionary Freeze Dry process.



The Technology – Cellular Preservation Technology (CPT)

Cellular Preservation Technology or CPT is a proprietary technology which utilizes a modified form of freeze drying.

Freeze Drying has been used for centuries however the common industry standard freeze dry method typically uses traditional 'static' freeze drying with a further process of mechanical grinding.

Image 1 – Traditional Vs Cellular Preservation Technology (CPT)

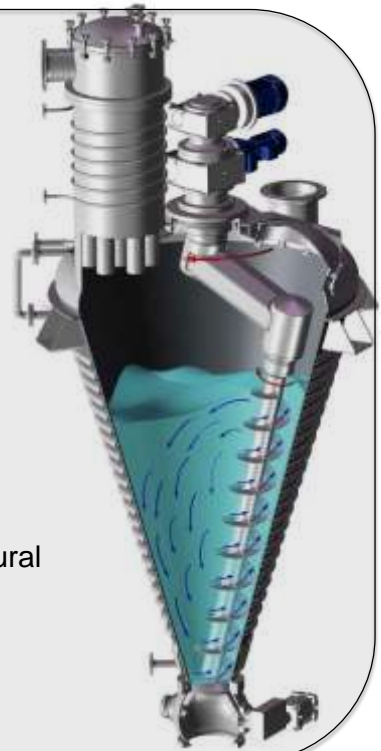
Traditional freeze drying



- multi-step process; bacteria and mould growth risk.
- static materials sitting on trays; 10-20% residual moisture
- product ground into a powder; product cell structure destroyed

Cellular Fracture Line technology

- 1-step process
- super frozen particles fly around in the product chamber
- no mechanical grinding.
- brittle material motion and sublimation of ice structure that hold it together causes product to break along natural elemental fracture lines.
- <0.1% residual moisture



CPT is a key component in the creation of our functional foods. It allows us to preserve a whole food in its fresh form, thus maintaining all of the medicinal activity of a live plant while providing the safety of a stable commodity.

This proprietary and transitional preservation process gives us the unique ability to provide a superior product compared to anything else available on the market today. The 'secret' to our technology is the Herbs are dried while they remain frozen in a vacuum state, rather than sitting motionless on trays (as in the traditional tray freeze drier), the product is flying round in a vortex. The deeply flash-frozen CPT granules decrease in size due to sublimation of the connecting ice structure and break into increasingly smaller particles along natural elemental fracture lines.

This creates a smaller particle size and porous structure without cellular hemorrhaging, caused by mechanical grinding of the traditional process as used in the industry today. CPT particles are much more easily absorbed and metabolized (more bio-available), and are more soluble for use as a catalyst ingredient in other formulations.

Solubility

As a food ingredient our herbs are highly soluble. Solubility ties into taste as well as ease to combine with other ingredients. This high level of solubility (enhanced by the CPT freeze dry process creates a more soluble particle structure),

Fresh Super herbs and Super foods

As soon as our botanicals are harvested they naturally begin to degrade. It is critically important to get them into the CPT process immediately after harvest. The logistics are challenging in any case, but the fact that they are grown at our doorstep in the mountains surrounding Chiang Mai, Thailand makes it all possible.

Higher Bioactivity Superior Efficacy

The objective achieved by CPT is preservation not only of the targeted ingredients but preservation of the entire cellular and molecular structure of the live plant. This is achieved by:

- An Evolutionary and Transitional Freeze Dry Process where the product is never exposed to the destructive oxidative forces of heat.
- Plant tissue fractures between/along the layers of the cell walls preserving cellular integrity and improving the retention of the bioactive intracellular contents.

- Water removed as a liquid at an extremely low constant temperature (minus 55 deg C) evaporates at a constant rate while the quantity of water steadily decreases. This creates surface tension. Any solid structure in contact with the water will normally experience surface tension strong enough to damage fragile cell walls; CPT removes water in its gaseous state (water vapor) and avoids this destructive surface tension.
- Exposure of the entire surface area to sublimation results in “even” drying which preserves cellular integrity.

The net result is preservation of the complex synergistic structure as close as possible to how it exists in nature. This translates to a more highly bioactive more effective powder.

Higher Absorption and Higher Bio-Availability

Particles break down inside the product chamber with minimal need for mechanical grinding. They break down due to the movement of the super frozen particles and sublimation of the ice structure that holds the particles together. This causes them to fall into small porous particles along the natural Cellular Lines creating soft, porous particles which have more surface area per unit of weight and therefore are absorb more easily.

The function and value of our food supplements lie not in lab tests alone, but in their energetic breakdown and uptake inside your body and the preservation of enzymes, proteins and vitamins.

The ability of your body to store or use these nutrients is called bio-availability – yet another huge advantage of our Cellular Preservation Technology activated botanicals.

The quality and effectiveness of our Products are the result of the remarkable protocols and processes we employ from the fields to the finished product. For details on this evolutionary process, please contact us at www.cptsuperherbs.com