Top Quality, Affordable Supplements for You from NOW

Why would you buy any others?
Voted Top-Rated Brand in Health Food Stores based on Consumer Satisfaction in a survey by ConsumerLab.com

Special Two Multiple Vitamin
- high potency multi with green superfoods
- best value food-based formula including algae and cereal grasses
- includes 850 mg Superfood Concentrates
- 47 total nutrients
- hypoallergenic
- buffered Vitamin C from Calcium Ascorbate
- natural Chlorophyll, Vitamin K, Plant Sterols, and Amino Acids from Green Foods
- full disclosure label
- available in 2/day tablets and 4/day capsules

Allibiotic Non-Drowsy CF
- supports seasonal & year-round immune function
- fueled by Allisure™ Allicin, a clinically tested form of stabilized garlic extract
- powerful supporting ingredients include Elderberry Extract, Olive leaf extract, Oregano oil
- also contains patented ImmunEnhancer™ AG, a fiber from Larch to support intestinal flora
- enteric coated

Celadrin Skin Renewal With Hyaluronic Acid
- advanced therapy for fine lines
- delivers structural lipid and fatty esters
- enhances the skin's vital cell membranes
- protects against age-enhancing stress factors
- restores flexibility
- reverses the appearance of wrinkles
- light, non-greasy, menthol-free for daily use

Xylitol
- a sugar alcohol derived from fruits
- almost as sweet as sugar
- very low glycemic rating
- 40% less caloric impact at 2.4cal/gram
- studies prove 100% natural and safe for adults and children
- also available in packets, bulk, and toothpaste (to remineralize enamel and fight tooth decay!)

www.nowfoods.com
Visit our website to receive weekly e-newsletters on topics of your choice.

... the largest selection of Vitamins, Minerals, and Supplements in Canada
• Exclusively At Health Food Stores •

For more information contact: 1-800-265-7245 ext.292

traditional

BurdocCk, the natural blood cleanser

BurdocCk is that plant you've probably seen while walking along the roadside, with its large broad leaves, purple flowers, and velcro-like burrs that so generously attach to shoes, socks, pets, or anything it can in order to propagate itself.

Regarded by some as a nuisance, this remarkable medicinal plant certainly deserves more than a passing glance. Burdock has a long-standing reputation of being one of the best plants to remove toxins from the blood.

More than a pest
BurdocCk (Arctium lappa), also known as beggar's button, burr seed, love leaves, or clotbur, is native to Europe and Asia and has been used medicinally since the Middle Ages. Nearly all parts of the plant are used, but most familiar are the long, slender, brown roots, known as gobo, available at Asian grocery stores or your local health food store.

BurdocCk contains inulin, a substance that is important in the metabolism of carbohydrates. It is rich in vitamins A, B, C, and E, as well as iron, calcium, potassium, and fibre. Therapeutically, it is diaphoretic (causes sweating), an alternative diuretic, antiscorbutic (counteracts scurvy), antimicrobial, antipyretic (lowers body temperature), and stomachic (tonic for the stomach).

A cooling plant, pungent and bitter, burdock is used in Chinese medicine to decrease liver toxicity, buildup of phlegm or mucus, colds, sore throats, measles, boils, carbuncles, swelling, and inflammation. It is even utilized as an aphrodisiac.

Traditionally, burdock has been used for edema, dropsy, arthritis, rheumatism, ulcers, psoriasis, weak digestion, eczema, chronic fatigue, gout, and kidney stones. It has been touted as "the plant of choice for improving the skin." In the 19th century it was commonly combined with dandelion for a spring tonic, acting as a diuretic and mild laxative.
“Burdock contains inulin, a substance that is important in the metabolism of carbohydrates.”

Topical benefits
Burdock leaves can be used as a poultice by slightly steaming or crushing the leaves and applying to sprains, broken bones, bruises, ulcers, boils, cysts, eye irritations, poison ivy or oak, scalds, burns, and varicose veins. An old remedy for burns is to apply fresh raw milk to the wound and cover with a burdock leaf.

A mainstay in Japanese cooking, burdock has a pleasant, earthy, mildly sweet taste.

To prepare as a tasty side dish, take two long stalks, wash and scrub the skin, but do not peel. Cut into matchstick pieces. Add a dash of vinegar to a bowl of water and soak the burdock for about 10 minutes. Discard the water and dry the burdock slightly. Place it into a frying pan with a tablespoon of sesame oil. Fry for five to 10 minutes until it changes color and is cooked. Add some soy sauce and a teaspoon of honey or maple syrup, cook for a few minutes more, and enjoy.

Deborah Treijs, MH, is a reflexologist living in Calgary.
Copyright of Alive: Canadian Journal of Health & Nutrition is the property of Alive Publishing and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.