

Anti-Aging and Amazing Healing Power

Of the many thousands of plants that are known, Ashitaba belongs to the elite 1% category considered medicinal plants. A unique, celery-like vegetable of the Angelica family, its name means "tomorrow's leaf" due to its ability to grow very fast, exhibiting a strong energetic life force or Qi. In China, Ashitaba has a very long history of use to purify the blood; detoxify the liver; cleanse the colon; improve lung function; enhance blood circulation; and to relieve muscle, joint, and nerve discomfort. In traditional Chinese medicine, Ashitaba is considered a strengthening yin tonic.

Ashitaba is a remarkable plant exhibiting the benefits of both land and marine plants. It is a superfood treasure, containing eleven vitamins, thirteen minerals, chlorophyll, enzymes, carotene, germanium, saponins, proteins, plant fibers, glycosides, coumarins, and an unique and rare class of flavonoids called chalcones.

Ashitaba is high in chlorophyll, also called "Green Blood". It is indispensable to the physical functions of our body. It helps the internal organs, the stomach, and the brain work better and has exhibited anti-allergy actions. Chlorophyll is called "Green Blood" because it has a similar molecular structure to that of our blood.

Natural organic germanium, in Ashitaba, is known to promote production of Interferon which is a defensive material produced by our body to prevent viruses and bacterias from penetrating into our cells. Germanium is valuable in the purification of blood by keeping away harmful hydrogen ions in the blood, creating an alkaline PH, increasing oxygen, and by activating blood cell replacements.

明日葉

Remarkable But True!

100 grams of Ashitaba powder contains the approximate nutritional equivalent of:

- Vitamin A content of 4 carrots
- Vitamin B2 content of 28 garlic cloves
- Vitamin C content of 4 lemons
- Nine times the Iron in spinach
- Fiber equal to 56 celery stalks
- Protein equivalent to 1200g of milk
- Plus all the other amazing and unique constituents of the plant.

The Green Gem of Vegetables

Ashitaba plants possess phenol compounds active as an Anti-Oxidant, Anti-Inflammatory, Anti-Tumorogenic, Anti-Carcinogenic, Anti-Microbial, and a Detoxifier.

New research just published in Nutraceuticals World, Sept 2002, astonishingly showed that Ashitaba out-performed all other herbs including green tea that were tested for their antioxidant potential based on the ORAC guide (Oxygen Radical Absorbance Capacity).

The Biomedical Group of Takara Shuzo found that the powerful compounds contained in Ashitaba can enhance production of Nerve Growth Factor (NGF), which, is an incredible process. NGF is a biological substance which is essential in the development and survival of certain neurons in both the central and peripheral nervous systems. In one study, using 1% Ashitaba dry powders, a 20% increase of NGF concentration was noted after only four days!

"Ashitaba gave me back my life! I was battling diabetes, high blood pressure, cholesterol problems, fatigue, restless nights, and signs of depression. The doctors gave me a drawer full of prescription drugs that gave me more problems. Since I've been using Organic Ashitaba, I am now free of my health problems and have lots of energy! At age 73, I am still working, living independently, and enjoying my life!"
S.L.C., San Francisco, California

A Secret SuperFood

The nutrients found in Ashitaba contain high amounts of organic pure vegetable Germanium, all the "B" vitamins, minerals, and flavonoids. Vitamin B12 is very important for cellular, body, and brain functions, yet it is rarely found in plants grown in soil. In fact, the levels of vitamin B12 in Ashitaba rivals that of marine algae plants!

Minerals are often overlooked, but, they are essential to every function in the body. The organic minerals found in Ashitaba promote its properties of regulating nerve cells and transmission, PH concentration of blood, gastric juice, and composition of bones.

Chalcones, an incredible flavonoid compound found almost exclusively in Ashitaba, gives the plant its distinctive yellow juice. Chalcones are found to enhance healthy function of the stomach and intestines, and suppress the excessive secretion of gastric juice. In addition, chalcones have been



reported to inhibit general inflammatory processes and demonstrate anti-viral and anti-bacterial activity, exhibiting action against staphylococcus in vitro. Ashitaba has truly been a hidden secret whose time has come to be enjoyed by all!