

### PINE NEEDLE TEA

SURAMIN - ACTIVE EXTRACT

#### ABOUT

Sipping pine needle tea could give your immune system a much-needed boost. Back in the day, sailors used to drink pine needle tea to protect from scurvy. Pine needles are bursting with vitamin C, with 4 to 5 times more per serving than a glass of orange juice!

#### BENEFITS

Suramin is used to treat African sleeping sickness and river blindness. Also used for autism and is noted to help the body through post-medical procedures, both complex surgeries and simple ones. Suramin is believed to be particularly helpful for blood clots. Historically, Native Americans used pine needle tea as an expectorant and decongestant – to expel mucus and phlegm, thus eliminating bacteria and other pathogens in the lungs. Traditionally, pine needles have been used as a way to soothe arthritic joints by relieving pain.

#### PROPERTIES

- AntiOxidant
- AntiViral
- AntiParasitic
- AntiCoagulant
- Mood Stabiliser
- Weight Management
- AntiInflammatory
- Analgesic
- Clears Sinuses
- Expectorant

### ZEOLITE

CLINOPTILOLITE - COMMONEST TYPE

#### ABOUT

Zeolite is a complex mineral which forms in the contact of volcanic lava and water. Zeolite is a 100% natural volcanic mineral compound that contains more than 60 trace minerals and 12 amino acids.

#### BENEFITS

Tiny cages enable zeolite to act as a "molecular sieve," filtering molecules based on their particle size. Negative surface charge loosely binds minerals – such as sodium, potassium, and calcium – and replaces them with large ions and heavy metals. In other words, zeolite can pick up plenty of "bad stuff" like viruses, environmental toxins, pesticides, free radicals, heavy metals (cadmium, mercury, lead and arsenic) and replace it with "good stuff". The body doesn't absorb Zeolite, so it passes through and out of your system in 5 to 7 hours – it takes the trash along with it. Studies also suggest that zeolite helps treat HSV, Hepatitis C, colds and flu. It removes free radicals, helps maintain an alkaline pH between 7.35 and 7.45, which promotes healthy brain and immune function. Zeolite improves skin quality and fights the visible signs of ageing.

#### PROPERTIES

- AntiOxidant
- AntiCoagulant
- AntiFungal
- ProBiotic
- Heavy metal detox
- Mood Stabiliser
- Hangover reduction
- Anti depressant
- AntiInflammatory
- Skin Health
- Oral Hygiene
- Liver Detox



### TURMERIC

CURCUMIN - ACTIVE EXTRACT

#### ABOUT

There are over 10 000 peer reviewed published articles that prove the benefits of turmeric - especially curcumin. Turmeric is arguably the most powerful herb on the planet at fighting and possible reversing disease.

#### BENEFITS

Ayurveda and Traditional Chinese Medicine Practitioners have been prescribing turmeric and its extracts as part of holistic protocols for thousands of years. Studies show the use of turmeric greatly reduces instances of platelet aggregation and potentially reduces the risk of blood clots. Arguably, the most powerful aspect of curcumin is its ability to control inflammation as it contains several anti-inflammatory compounds. It has been used successfully for the treatment of arthritis, diabetes, scabies, acne scarring, IBS, high cholesterol, obesity, liver detox and is now being researched for pancreatic and prostate cancer.

#### PROPERTIES

- AntiCoagulant
- AntiInflammatory
- Analgesic
- AntiDepressant
- Skin Health
- AntiScarring
- AntiDiabetic
- AntiParasitic
- AntiBacterial
- AntiFungal
- Cardio protective
- Good gut health



### NIGELLA SATIVA

BLACK SEED/KALONJI

#### ABOUT

Nigella Sativa seeds have been used for over 2000 years for their aroma and flavor in cuisines as well as their reported health benefit properties. In fact, archaeologists found black seeds in King Tut's tomb and the Prophet Muhammad once touted black seed oil extract as a "cure for every disease except death."

#### BENEFITS

As more and more studies start to surface, it becomes quite apparent that this ancient seed from the Nigella sativa plant may have a profound impact on your health and wellbeing. Through the support of cognitive function, liver health, digestive health, and metabolic function, it is definitely making a case for quite a strong supplement for overall health. Research shows that antioxidants can have a powerful effect on health and disease. In fact, some studies indicate that antioxidants may protect against several types of chronic conditions, including cancer, diabetes, heart disease and obesity. Anecdotal research alone shows many users of Nigella Sativa reporting feelings of elevated mood, sleep support, less brain fog, feeling more present, healthy stress levels, and supporting cognitive performance.

#### PROPERTIES

- Immune Booster
- AntiOxidant
- AntiInflammatory
- AntiBacterial
- Lowers Cholesterol
- Stabilises Blood Sugar
- AntiHypertensive
- Cardio-Protective
- Analgesic
- Supports Gut Health
- Improves Memory
- AntiStress

# Jab 2015 Cluster Points Guide

**DP Hallahan**



## **Jab 2015 Cluster Points Guide:**

## **Jab 2015 Cluster Points Guide** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Jab 2015 Cluster Points Guide**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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