



LONGEVITY: *Gracefully Growing*

With the largest population in history approaching their golden years, there is a great need to address health concerns associated with longevity.

This means starting a prevention program in our younger years so we can age in good health.

All over the world, herbs have been used for thousands of years to preserve youth. Different cultures have various interpretations of what it means to age, although the common thread is to be healthy for as long as possible. In our western culture the emphasis on youth has made aging undesirable. In other parts of the world people are revered and honored for their life's experiences.

As the decades accumulate, dietary, lifestyle and constitutional issues can compromise our well-being. Fortunately, people are more aware of lifestyle choices, including diet and supplements, to ensure good health throughout our entire life. Some of the important issues for people include heart health, cholesterol, mental awareness, joint health, vitality and more.



PRODUCTS FOR LONGEVITY

Circu Flow®

Helps maintain cardiovascular function & a healthy circulatory system

Ginkgo Biloba Complete Concentrate

Preserves mental acuity

Heart Care Blend™

Nourishes the heart

Ruma Care™

Supports healthy joints

Kolester®

Helps sustain normal cholesterol levels



PLEASE SEE THE OTHER SIDE OF THIS SHEET FOR MORE ABOUT THESE PRODUCTS.

CIRCUFLOW®

With heart issues being a major concern for most people, **CircuFlow** has been popular due to its effectiveness in maintaining a healthy heart and clearing arteries. **CircuFlow** contains hawthorn berries, a frequently recommended treatment in Germany for heart conditions. Studies have found *hawthorn* to be beneficial for many aspects of heart health including strengthening heart contractions, lowering cholesterol levels, blood pressure and pulse rate, and may help with angina, arrhythmia, arteriosclerosis and atherosclerosis. *Equisetum (Horsetail)* is a source of silica to “sweep out” the arteries and maintain flexibility in the arterial walls. *Vitamin C* is an antioxidant and has been found to lower cholesterol and

provide capillary and stroke protection. *Taurine* is beneficial for hardening of the arteries, high blood pressure and protecting the heart from potassium depletion. *Arginine* is a source of nitric oxide, which is essential for healthy blood vessel function. *Chromium picolinate* lowers cholesterol levels. *Selenium* is a mineral that is also associated with healthy cholesterol levels. One bottle of **CircuFlow** is a one-month supply and is recommended to be taken with aloe vera gel in order to obtain maximum benefits from the herbs.

GINKGO BILOBA COMPLETE CONCENTRATE™

Ginkgo has become a household word due to impressive research on its healthful actions for keeping brain and nerve functions as nature intended. Numerous studies and historical use have shown *ginkgo*'s helpfulness for folks of all ages. Traditionally used in China as a tea that is consumed over several decades, *ginkgo* is considered to be an important aspect of longevity. Studies on *ginkgo* indicate its usefulness in supporting healthy mental function, promoting healthy circulation, antioxidant protection, regulating blood clot-

ting, neurotransmitter regulation, lessening dizziness and hearing problems, addressing glaucoma and macular degeneration. Kroeger Herb Products **Ginkgo Biloba Complete Concentrate** has absolutely no fillers or binders and is an all natural, all ginkgo product. Ingredients: Ginkgo Biloba Extract 10% flavone glycosides, Ginkgo Biloba leaf.

HEART CARE BLEND™

Heart Care Blend™ is an herbal supplement to complement diet, exercise and lifestyle to keep our hearts healthy. For centuries, traditional folk healers in Europe and Asia have relied on *hawthorn*, *motherwort* and *capsicum* for circulatory health. *Hawthorn* has been the subject of considerable scientific interest in recent decades for angina, palpitation, blood pressure and cholesterol regulation. It is reported to slow, strengthen and regulate the heartbeat. *Capsicum*, *cramp bark* and *motherwort* have also shown heart-healthy properties in research studies. *Capsicum* and *hawthorn* are also credited with digestive

properties for fatty foods and meats in traditional folk literature and some research has found benefits for fat metabolism and cholesterol management programs. European settlers to the New World learned from Native Americans to ease circulatory tensions with *cramp bark*, and it continues to enjoy popularity as a supplement today in Britain, Germany and Russia. *Chickweed* has an historical reputation for general purifying.

KOLESTER®

Maintaining healthy cholesterol levels is a goal of many health care regimens. In most holistic healing systems, healthy intestinal and liver functions are considered key to regulating fat metabolism in the body. **Kolester** relies on two old-time laxative herbs, *rhubarb* and *okra* for thorough but gentle intestinal cleansing. Modern research suggests that *rhubarb* may be helpful in maintaining healthy cholesterol levels. *Male fern* and *beth root* provide strong blood cleansing actions according to folk herbalism. *Rhubarb* and *beth root* have been used for centuries to regulate blood viscosity or thickness. Tradi-

tional holistic healing philosophies also suggest that fatty accumulations may result not only from an improperly heavy diet, but also from sluggish digestion, for which *rhubarb* provides support. *Okra* provides good quality, highly absorbable amino acids for nutritional support. Lastly, *male fern*, *calamus* and *rhubarb* are traditionally used to control parasites, which often impair healthy liver and intestinal functioning, which are important in metabolizing fats properly.

RUMA CARE™

As more birthdays go by than you care to count, pain free movement may be the most desired gift. **Ruma Care™** combines a number of herbs classically treasured in folk herbalism for rheumatic conditions as well as cleansing to relieve pain and sooth sore joints. *Yucca*, *yellow dock*, *wormwood* and *fenugreek* have a long history of use for rheumatic and arthritic complaints in holistic healing systems. Traditional healers employ *yellow dock*, *wormwood* and *fenugreek* for regu-

lation of mucus accumulations, which are thought to collect toxins and slow elimination. *Black walnut*, *wormwood*, and *fenugreek* have actions against a variety of parasites according to ages-old herbal lore. *Yellow dock* is one of the most highly prized cleansing herbs, with a gentle, regulatory tonic action on blood, liver, kidneys and bowels.