

VNH Herbal Coffee



Ingredients: Roasted Chicory Root, Roasted Dandelion Root, Roasted Carob, and Maca Root.

Description: If you like the taste of Coffee, but don't want the addiction and health risks it may cause, and want an alternative, then you will love Vitruvian Natural Health's, Herbal Coffee. This Herbal Infusion will provide an Aroma and Flavor, similar to Coffee, but without the caffeine and other health risks. Regular coffee can cause acidity, high blood pressure, digestive problems, stained teeth, etc. All these have been attributed to the presence of the coffee bean's tannic acids and also caffeine, which is addictive by nature. VNH's Herbal Coffee will improve digestion, lower blood pressure and cholesterol, while offering an over all healthy alternative. Milk can be added to VNH's Herbal Coffee, a rarity in the caffeine-free world, where herb teas are usually too light in body to combine well with milk. Vitruvian Natural Health's Herbal Coffee is more robust than regular herb tea, but lighter than black coffee. Add flavors for a cappuccino experience and enjoy anytime of the day!

Usage Directions:

- **Percolator Brew-** Place 1 Tablespoon, per 8 oz Cup of water (Depending on desired strength, more or less can be added) into the top of your coffee percolator. Percolate for 5 minutes. *Using a percolator allows the hot water to pass over the herbs, without bringing the herbs to a boil in the water. Allowing the most constituents to stay with in the herb and benefit your health.
- **Coffee Pot Brew-** First grind the herbal root mixture, in a coffee grinder or with a mortar and pestle. Then add 1-2 tablespoons, per 8oz of water. This will depend on your coffee pot capacity. Be sure to use a coffee filter.
- **Individual cup-** Put 1 teaspoon into a Tea Ball and place in 1 cup hot water. Place a lid or plate over the top and allow to steep for 2-3 minutes. Add cream, if desired.
- **Infusion-** In a 1 quart mason jar, pour boiling water over 2-3 heaping Tablespoons of the mixture. Cover and steep for 30 minutes or over night. Strain Herbal mixture out to use. Dilute as needed.

Note: Eliminate a Coffee Addiction by slowly replacing your Coffee with VNH's Herbal Coffee, as an alternative. Begin, by adding ¼ Cup Herbal Coffee to ¾ Cup Coffee, each day. After 5-7 days, Add more Herbal Coffee and reduce the amount of actual Coffee. (½ Cup to ½ Cup) After another 5-7 days, use ¾ Cup Herbal Coffee to ¼ Cup Actual Coffee. Then, finally, after another 5-7 days, replace your daily cup of coffee with VNH's Herbal Coffee, and enjoy a healthy alternative, with no addictive side effects.

*You can use half the amount of water for the "Used herbal grounds", but after second use, throw out used herbal grounds. Keep in mind that over-extraction of the Herbal grounds depletes the herbs of its nutrients and can lead to a weak and bitter taste.

Storage: Store dry Herb in a cool dry place, and out of direct sunlight. Keep in an airtight container. Refrigerate Tea after made.

Individual Ingredient Description:

Chicory Root: (*Cichorium intybus*) Chicory Root contains Vitamin C and provides the soluble fiber, inulin, which feeds the digestive flora in the intestines. The high inulin content also aids with weight loss, constipation, improving bowel function, and general health .It is well known for ability to flush internal parasites, while helping the body resist gallstones and liver stones. Studies show an increase in calcium absorption and bone mineral density, while using Chicory Root. It aids in purifying the liver and the blood, which helps with decreasing the levels of serum LDL cholesterol in the blood. Chicory Root acts as a gentle laxative and diuretic for removing excess water and toxins, in turn, helping reduce strain on the liver.

Dandelion Root: (*Taraxacum officinale*) Dandelion root provides vitamin A, vitamin C, vitamin D and vitamin B complex, as well as zinc, iron and potassium. It is wonderful for cleansing and strengthening the liver and also purifying the blood. Dandelion root is also a mild appetite stimulant, and helps relieve digestive problems like flatulence, fullness and constipation. The contained potassium is responsible for the diuretic action. Dandelion also contains curative substances which are very important for treating metabolism disorders. Dandelion is also known for lowering LDL and triglycerides while increasing HDL.

Maca Root: (*Lepidium mayenil*) Maca Root is considered an adaptogen, which means it will help the body rebuild a weak immune system, re-mineralize a poorly nourished body, and increase energy and endurance. It provides the necessary nutrients that directly fuel the endocrine system. The nutritional value of Maca is high because it contains amino acids, complex carbohydrates, starch, glucosides, alkaloids, and vitamins B1, B12, C, and E, as well as being high in calcium and iron. Maca Root helps regulate hormonal imbalances, beneficial to the circulatory system; which speeds wound healing and reduces anemia. It also enhances memory, acts as a fungistatic, bacteriostatic, anticarcinogen and antioxidant.

Carob: (*Ceratonia siliqua*) Unlike Cocoa, Carob is free of caffeine. Carob is full of nutrients such as Vitamin A, B's, and D, Calcium, Potassium, Iron, Magnesium, Manganese, Selenium, Fiber, Antioxidants, and Protein. Carob is an Alkaline food, helps lower cholesterol and stabilize blood sugar levels. Carob is used to improve digestion and is effective against asthma for its expectorant properties.

Disclaimer: The information contained herein has not been evaluated nor approved by the US Food and Drug Administration, AMA, or any other US Agency. Any dietary changes and /or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional before making any changes to your health care regimen – particularly if you are taking medication(s), are pregnant, trying to get pregnant, nursing, or if you have any other compromised health condition – before making any dietary changes, using any products mentioned, or applying any information contained herein.

Herbal Red Sweet Tea



Ingredients: Red Rooibos needle and Stevia leaf

Description: If you like the taste of Iced tea, in the summer time or a warm cup of creamed Tea, in the winter, then you will love Vitruvian Natural Health's, Herbal Red Sweet tea. This Herbal Infusion gives all the flavor and healthy benefits that Black Tea (Camellia sinensis) offers, but without the caffeine and minimal tannins. Just like black tea, you can drink Vitruvian Natural Health's Herbal Red Sweet Tea with milk, a rarity in the caffeine-free world, where herb teas are usually too light in body to combine well with milk. Tea drinkers find the taste of this Herbal Red Sweet Tea, to be much more similar to sweetened black tea and many actually prefer the flavor, which lacks the astringency of black tea. Vitruvian Natural Health's Herbal Red Sweet Tea, can be enjoyed both hot and iced any time of the day or season.

Usage Directions:

- **Sun Tea-** In a 1 gallon Sun Tea jar, pour hot water over 1/3 cup of Herbal mixture. Let steep, in the sun all day. Dilute with water, if desire for less strength.
- **Individual cup-** Put 1 teaspoon into a Tea Ball and place in 1 cup hot water. Place a lid or plate over the top and allow to steep for 2-3 minutes. Add cream, if desired.
- **Infusion-** In a 1 quart mason jar, pour boiling water over 2-3 heaping Tablespoons of the mixture. Place the lid on and steep for 30 minutes or over night. Strain Herbal mixture out to use. Dilute as needed.

Storage: Store dry Herb in a cool dry place, and out of direct sunlight. Keep in an airtight container. Refrigerate Tea after made.

Individual Ingredient Description:

Rooibos (*Aspalathus linearis*)

Rooibos contains calcium, fluoride, magnesium, iron, copper, zinc, and potassium along with other flavonoids such as rutin, and various proanthocyanidins.

Rooibos, an Afrikaans word that means red bush, is a flowering shrub that grows in the mountains of South Africa's Western Cape. Rooibos is an erect shrub that grows to about five feet in height. It has reddish-brown stems and bright green needle-like leaves. Since it is a legume, the root has nodules containing nitrogen-fixing bacteria. This characteristic enables the plant to survive the nutrient-poor, acidic soils of the Cedarberg region.

Rooibos is the only other tea in the world that undergoes a fermentation process like black tea (*Camellia sinensis*). Fermentation turns the green needles of fresh rooibos to a deep red color that brews into a rich, satisfying body with all the depth black tea drinkers expect. Just like black and green tea, rooibos is full of polyphenols, flavonoids and proanthocyanidins that help protect the body from free radical damage. It has been scientifically shown to have anti-mutagenic, anti-carcinogenic, anti-inflammatory and anti-viral activity. Recent clinical trials in South Africa and Japan have shown Rooibos tea to help with sleeplessness, mild depression as well as having excellent anti-aging qualities.

In addition to its antioxidant properties, rooibos is also anti-allergenic and South African mothers are known to feed their colicky babies rooibos tea, which also seems to help with milk allergies. Rooibos has been shown to help clear up various types of inflammatory dermatitis and seasonal allergies. Rooibos contains high levels of quercetin, which inhibits the release of histamine and other inflammatory compounds. It has been known to decrease the inflammatory response in the mast cells of the nose & mouth & all mucous membranes.

Drinking Rooibos daily can support your overall health and boost your immune system. Plus, its antioxidants are also thought to lower blood fat levels, which in turn help to support normal cholesterol levels.

Stevia (*stevia rebaudiana*)

Stevia is, nutrient-rich, containing substantial amounts of protein, calcium, phosphorous, magnesium, potassium, selenium, zinc and Vitamin B3.

Stevia is known for its use as a sweetener but is also used as healing plant and healthy food additive.

Unlike artificial sweeteners like aspartame, Stevia is said to have no bad effects on the insulin balancing process of the human body. Instead, the WHO reports say it has a negligible effect on blood glucose and could even enhance glucose tolerance. That makes it not only a good natural sweetener for diabetics, but almost for everyone. In opposition to sugar, Stevia contains no calories but is still 300 times sweeter and it's also good for the teeth and is effective against caries and dental plaque. Other experiments and researches found some positive Stevia side effects on obesity and high blood pressure.

All this makes the sweet leaf a natural and healthy alternative to sugar and synthetically produced sweeteners.

Disclaimer: The information contained herein has not been evaluated nor approved by the US Food and Drug Administration, AMA, or any other US Agency. Any dietary changes and /or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional before making any changes to your health care regimen – particularly if you are taking medication(s), are pregnant, trying to get pregnant, nursing, or if you have any other compromised health condition – before making any dietary changes, using any products mentioned, or applying any information contained herein.



Herbal Vitamin & Mineral Tea

Ingredients: Red Raspberry Leaf, Alfalfa, Red Clover Blossoms, Oat Straw, and Nettle Leaf

Description: The Vitamin & Mineral Formula gives important nutrients to maintain a healthy body. Vitamins and Minerals promote growth and development and regulate body functions. The average diet does not consist of enough Vitamins and Minerals, that the body needs. Of course there are vitamins and minerals in fruits and vegetables, but not nearly in the concentrated levels in which they are found in herbs. Simply by increasing the use of herbs, in food and tea, can provide most of the recommended essential vitamins and minerals needed.

Usage Directions: Drink 10oz a day for basic nutrients or drink 4 cups a day for total body nutrient.

- **Sun Tea-** In a 1 gallon Sun Tea jar, pour hot water over 1/3 cup of Herbal mixture. Let steep, in the sun all day. Dilute with water, if desire for less strength.
- **Individual cup-** Put 1 teaspoon into a Tea Ball and place in 1 cup hot water. Place a lid or plate over the top and allow to steep for 2-3 minutes. Add honey to sweeten.
- **Infusion-** In a 1 quart mason jar, pour boiling water over 2-3 heaping Tablespoons of the mixture. Place the lid on and steep for 30 minutes or over night. Strain Herbal mixture out to use. Dilute as needed.
- **NOTE-** To pull the benefits of the minerals out, steep this tea for a minimum of 4 hours. Anything less will give you the Vitamin Nutrient only.

Storage: Store dry Herb in a cool dry place, and out of direct sunlight. Keep in an airtight container. Refrigerate Tea after made.

This mixture will give you the following minerals and vitamins:

VITAMIN A Enhances immunity, prevents eye problems and skin disorders. Important in bone and teeth formation. Protects against colds and infection. Slows aging process.

VITAMIN B1 (Thiamine) Promotes growth, improves mental attitude, aids digestion, helps strengthen nervous system

VITAMIN B2 (Riboflavin) Needed for red blood cell formation, aids growth and reproduction, promotes hair, skin and nail growth. Important in the prevention and treatment of cataracts.

VITAMIN B3(Niacin) Essential for proper circulation and healthy skin. Increases energy, aids digestion, helps prevent migraines.

VITAMIN B5 (Pantothenic Acid) Enhances stamina, prevents anemia, helps wounds heal, fights infection, strengthens immune system.

VITAMIN B6 (Pyridoxine) Needed to produce hydrochloric acid. Aids in absorption of fats, and protein. Mildly diuretic, helps prevent kidney stones. Helpful in treating allergies, arthritis, and asthma.

VITAMIN B12 (cyanocobalamin) Helps prevent anemia. Protects nervous system, improves concentration, aids digestion.

VITAMIN C (ascorbic acid) Helps calcium and iron formation. Enhances immunity. Helps prevent cancer. Aids in production of anti-stress hormones. Antioxidant required for proper tissue growth and repair, and adrenal gland function.

VITAMIN D Essential for calcium and phosphorous utilization. Prevents rickets. Needed for normal growth of bones and teeth. Helps regulate heartbeat. Prevents cancer and enhances immunity. Aids thyroid function and blood clotting.

VITAMIN E Antioxidant which helps prevent cancer and heart disease. Prevents cell damage. Reduces blood pressure and promotes healthy skin and hair.

VITAMIN K Promotes healthy liver function. Helps bone formation and repair. Increases longevity.

CALCIUM Builds and protects bones and teeth. Helps maintain regular heartbeat. Prevents muscle cramping.

CHROMIUM Vital in the synthesis of glucose and the metabolism of cholesterol, fats and proteins. Maintains blood pressure and blood sugar levels.

IRON Essential for metabolism, and the production of hemoglobin.

MAGNESIUM Prevents calcification of soft tissue. Helps reduce and dissolve calcium phosphate kidney stones. Helps prevent birth defects. Improves cardiovascular system.

MANGANESE Minute quantities of this mineral are needed for healthy nerves, blood sugar regulation, normal bone growth, and thyroid hormone production.

MOLYBDENUM Small amounts of this mineral are required for nitrogen metabolism. Supports bone growth, and strengthens teeth.

POTASSIUM Regulates water balance, and muscle function. Important for health nervous system and regular heart rhythm.

SELENIUM Provides an important trace element for prostate gland in males. Protects immune system and helps regulate thyroid hormones.

ZINC Promotes growth and mental alertness. Accelerates healing. Regulates oil glands. Promotes healthy immune system, and healing of wounds.

Disclaimer: The information contained herein has not been evaluated nor approved by the US Food and Drug Administration, AMA, or any other US Agency. Any dietary changes and /or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional before making any changes to your health care regimen – particularly if you are taking medication(s), are pregnant, trying to get pregnant, nursing, or if you have any other compromised health condition – before making any dietary changes, using any products mentioned, or applying any information contained herein.

VNH Herbal Healing Salve



Ingredients: Comfrey, Calendula Flowers, Burdock Root, Plantain, Mullein, Lobelia, Chickweed, Rosemary Essential Oil, Olive Oil, Fractionated Coconut Oil, and Beeswax.

Description: VNH's Herbal Healing Salve is formulated with an effective blend of herbs and natural ingredients to heal and soothe the skin. It is perfect for minor scrapes, cuts, chapped lips, bug bites, or other skin irritations. The herbs in this salve offer antiseptic and antibacterial properties that help prevent infection, speed healing, and relieve pain. It helps support healing for cuts, wounds, abrasions, as well as sunburns, scalds, and stings. Effective for relief from itching and pain caused by psoriasis, eczema, and all irritated skin conditions. VNH's all purpose healing salve is very effective in replenishing and soothing cracked and dry skin. No need to get a separate burn salve, separate anti-itch salve, etc, because VNH's Herbal Healing Salve will serve all your skin needs.

Usage Directions:

- Apply a thin layer over cuts and scrapes, as you would use Neosporin, each day until skin has healed.
- Stop friction blisters from forming by applying to hands or feet. If a blister is already present or has swelled and filled with fluid, apply frequent applications. (Every 5 minutes for the first hour and 2-3 times an hour until bedtime, continuing the next day until swelling of blister is gone.)
- Apply a thin layer to sunburned skin, until redness and pain is gone.
- Apply to dry, cracked skin, preferably after a shower or bath, or anytime skin needs soothing.
- For eczema, rashes and inflammatory skin conditions, apply liberally several times a day to affected areas.

Storage: Store in a cool dry place, and out of direct sunlight. Do not ingest.

Individual Ingredient Description:

Comfrey: (*Symphytum officinale*) Comfrey contains the small organic molecule allantoin, which stimulates cell growth and repair while simultaneously depressing inflammation. The allantoin helps give Comfrey its nickname as the "bone plant" or "knitbone" because it encourages the growth of muscle, cartilage, and bone. Comfrey works as a strong contact healer, this herb mends wounds and speeds healing. Relieves pain and immediately helps to grow new flesh. Use comfrey to help with bruises, broken bones, sprains, arthritic joints and pain, bunions, severe burns, acne and other skin conditions.

Calendula: (*Calendula officinalis*) Calendula helps cuts, scrapes, abrasions, scalds, blisters, acne, rashes (including diaper rash), chicken pox outbreaks, and athlete's foot. Native Americans would rub the fresh flowers directly on a bee sting to relieve the pain. Calendula also has anti-fungal and anti-inflammatory properties.

Burdock Root: (*Arctium lappa*) Burdock Root contains polyacetylenes that gives the herb its antibacterial, antimicrobial, and anti-fungal properties. It is known to soothe the aches and pains of arthritis, alleviate excess water weight and help to keep the skin clear and healthy. It can relieve boils, carbuncles, canker sores, eczema, psoriasis, skin cancers, bug bites, sores, poison oak, poison ivy, swellings, leprosy, burns, wounds and hemorrhoids.

Plantain: (*Plantago major*) Plantain has stringent/drawing properties which are great for poison ivy and insect bites or stings. Plantain's refrigerant qualities soothe and cool sores, ulcers, and hemorrhoids. It is considered an anti-inflammatory, anti-microbial, and anti-fungal. It can repair damaged tissue, treat bruises and broken bones.

Mullein: (*Verbascum thapsus*) Mullein has anti-inflammatory and anti-spasmodic properties. It soothes skin irritations, such as rashes, boils, and even chilblains. It is used for bruises and to relieve arthritic and rheumatic conditions. Mullein's anti-inflammatory and anti-bacterial properties make it perfect for hemorrhoids and cold sores.

Lobelia: (*Lobelia inflata*) Lobelia is applied to the skin for muscle pain, joint lumps associated with rheumatoid arthritis (rheumatic nodules), bruises, sprains, insect bites, poison ivy, and ringworm. It has long been used to treat poisonous stings and bites.

Chickweed: (*Stellaria media*) Containing anti-inflammatory properties, Chickweed is popularly used to promote healing and soothe irritated tissues. As an anti-itch herb, it can be used to treat the red, itchy rash caused by contact with poison ivy and poison oak, and for healing insect stings and bites.

Rosemary Essential Oil: (*Rosmarinus officinalis*) Strong anti-inflammatory properties to help with swelling and inflammation of abrasions. Assists with aching muscles, arthritis, dandruff, dull skin, muscle cramping, poor circulation, rheumatism. Is also a natural preserver.

Olive Oil: (*Olea europaea*) Olive Oil contains polyphenol compounds that act as antioxidants to help prevent and repair damage to the skin done by accidental sun exposure. Olive oil contains vitamin A, E, minerals and antioxidants, in particular squalene, an excellent emollient and antioxidant, compatible with skin and containing high levels of collagen. It is considered an anti-inflammatory, while it moisturizes and soothes the skin.

Fractionated Coconut Oil: (*Cocos nucifera*) Fractionated Coconut oil is made up of medium chain fatty acids that kill bacteria, viruses, retroviruses, fungi, protozoa, and parasites. FCO kills skin infections such as *Staphylococcus aureus* and Ringworm, while working as an anti-inflammatory.

Beeswax: Provides a good consistency to the salve even in the high heat of summertime and provides a light, protective barrier on your skin to help promote faster healing.

Disclaimer: The information contained herein has not been evaluated nor approved by the US Food and Drug Administration, AMA, or any other US Agency. Any dietary changes and /or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional before making any changes to your health care regimen – particularly if you are taking medication(s), are pregnant, trying to get pregnant, nursing, or if you have any other compromised health condition – before making any dietary changes, using any products mentioned, or applying any information contained herein.