



Holy Basil TINCTURE

ENERGY AND FOCUS
Adaptogen

NPN 80076122

50 ml

Each ml contains

Holy Basil	fresh leaf	<i>Ocimum sanctum</i>	1:2	481 mg	Organic
Alcohol 31% to 36%, certified organic					

DOSAGE

INTERVENTION: 2 ml, 3-4 times per day, maximum 2 weeks.

TREATMENT: 3 ml, 2 times per day.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water, 15 to 30 minutes before meals. For long-term treatment, use 6 days out of 7.

MODE OF ACTION

The adaptogen properties of Holy basil help increase energy, vitality and resilience to stress. It prevents the elevation of corticosterone levels in the blood, which is an indicator of high stress. It decreases the harmful effects of stress such as memory loss, anxiety, recurring sleep disorders, exhaustion, headaches, sexual dysfunction and irritable bowel syndrome.

Holy basil is both a nerve tonic and a calming herb. On one hand, it supports and strengthens the nervous system. On the other, it calms the nervous system and gives a feeling of security, solidity and groundedness. It has a calming effect and improves mental focus. By reducing anxiety, *Ocimum sanctum* has a positive impact on mood and procures a feeling of joy. It promotes blood circulation to the brain, improves memory and is beneficial for attention deficit disorders (with or without hyperactivity).

Holy basil also acts on the digestive system. It stimulates appetite and digestion, reduces spasms, gas, bloating, colic and nausea. It is mildly laxative and anthelmintic.

For metabolic syndrome, it normalizes blood-sugar and cholesterol levels and acts as a heart tonic. It helps regulate blood pressure in times of stress. Holy basil increases the production of certain cellular enzymes responsible for neutralizing free radicals and other toxic molecules, thus protecting cells. Its phenolic compounds and flavonoids (orientin and vicenin) give it antioxidant properties.

Ocimum sanctum is antifungal and helps heal wounds. It is used, among other things, as a treatment for dermatophyte skin infections (*Tinea*). In Ayurvedic medicine, it is used as a regenerative tonic (rasayana) and to reduce excess Kapha. It modulates the actions of the immune system and protects against ionizing radiation.

Holy basil contains essential oils (eugenol, carvacrol, linalool, β -caryophyllene), tannins, triterpenes (ursolic acid) such as flavonoids (orientin, vicenin, apigenin), acids (rosmarinic, caffeic, chlorogenic), phytosterols (β -sitosterol, stigmasterol), carnolic acid and vitamins (A,B).

HELPFUL ASSOCIATIONS

ASHWAGANDHA for exhaustion and high stress.

SKULLCAP for anxiety.

GREEN OATSTRAW infusion for troubles of the nervous system.

REISHI for weak immunity due to stress, seasonal allergies.

DREAMTOP for sleep difficulties.

CUMIN, CORIANDER, FENNEL infusion for slow digestion.

ETHNOBOTANY

Nervous system: mental focus, memory, concentration, stress, agitation, nervousness, sleep disorders, intellectual decline, anxiety, fatigue, exhaustion.

Digestive system: gas, bloating, abdominal cramps, indigestion, irritable bowel syndrome, parasites.

Other uses: convalescence, degeneration, general detoxifier, anemia, eczema, gout, metabolic syndrome, dermatophytes.

HISTORY

Ayurvedic medicine considers holy basil as the *Queen of All Herbs* and a vital elixir of life valued for its medicinal and spiritual virtues. Better known as Tulsi, it helps develop and hone consciousness, helps with meditation and promotes compassion. Cultivated near temples and homes, it is known to purify the air and to sanctify its surroundings. It is a sacred herb used in the Ayurvedic tradition to balance the chakras and to bring joy. Traditionally, holy basil was used in India for lung problems, stomachaches and fever caused by malaria. In Thailand, it was used to treat digestive troubles such as gas, intestinal cramps, and for colds and flu.

CONTRA-INDICATIONS

Consult a health care practitioner before using if breastfeeding, if you suffer from cardio-vascular troubles or diabetes. Do not use during pregnancy.

INTERACTIONS

Consult a health care practitioner if you take medication for the heart or blood pressure.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

