

CONFESSIONS OF A RADICAL HERBALIST

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Why Whole Herbs?

We only use whole herbs in our extracts. You've heard about the Paleo diet, well this is **Paleo Health!** Using whole herbs as nature intended means:

- Since we co-evolved with these herbs, your body remembers how to process plant constituents. They are easily absorbed and assimilated, making them effective and gentle on the body.
- Whole herbs work for everyone! Easily compatible to all ages, ethnicities, and constitutions.
- You get a whole array of plant constituents that work synergistically rather than just one or two. This allows your body to have a choice of safe and effective constituents to work with.



*Let food be thy medicine and medicine
be thy food. ~ Hippocrates*

Why Liquids?

Because liquid extracts are already in a liquid solution, they are easily recognized and absorbed by the body. This means they are:

- **FAST**
Because liquid extracts are readily absorbed by the body, they work much faster than solid forms that need to be digested, such as pills and capsules.
- **CUSTOMIZABLE**
They are easy to adjust to personal needs (constitution, severity, weight, etc.).
- **EASY & CONVENIENT**
Quick and easy to use on the go.
- **AFFORDABLE**
Because liquids work fast, this helps make them more affordable, costing less per volume than other forms.
- **STABLE**
Alcohol is an excellent preservative, helping the extracts have an extended shelf-life.



Osha

Ligusticum porteri



Angelica

Angelica archangelica



Lovage

Levisticum officinale



Fennel
Foeniculum vulgare



Thyme
Thymus vulgaris



Yerba Santa

*Eriodictyon
californicum*



Wild Indigo

*Baptisia
tinctoria*



Usnea

Usnea spp.



Cotton

Gossypium hirsutum



Thank
You!