

UNSTRESS

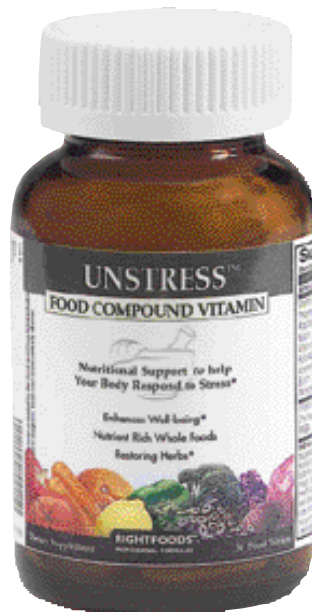
FOOD COMPOUND VITAMIN

Vitamin, Mineral & Herb Formula



Nutritional Support *to help*
Your Body Respond to Stress

Enhances Well-being
Nutrient Rich Whole Foods
Restoring Herbs



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Product Rationale
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RIGHTFOODS™ UNSTRESS

Rationale

The fundamental reasons and logical basis used to formulate **RIGHTFOODS™ UnStress**.

RIGHTFOODS™ UnStress has been created to support an optimum stress response by the body. This is accomplished through a careful selection of supportive nutritional components targeted toward the organs and systems of the body involved in or affected by the stress response. We assure nutrient utilization by providing a Complete Active Range™ of complementary whole food extracts.

RIGHTFOODS™ UnStress Overview

Stress is an epidemic of our times. Virtually every human being experiences stress to some degree every day of their lives. Some people are naturally able to handle stress and adapt well to a variety of situations. Others may experience:

- anxiety
- irritability
- insomnia
- physical illness
- heightened blood pressure
- fatigue or exhaustion
- headaches
- digestive problems
- A myriad of other symptoms

PHYSIOLOGICAL RESPONSE TO STRESS

When a person is stressed the body responds with a series of physiological changes. These metabolic modifications require energy and so the body produces adrenal hormones, which speed up the metabolism of proteins, fats and carbohydrates. This process causes the body to lose numerous nutrients from its reserves. Over an extended period of time stress will result in nutritional deficiency. This deficiency is, in turn, responsible for many of the outward symptoms of stress. The ability to experience a sense of real peace and calm within is contingent upon many factors. Nutrition plays a key role in supporting the body's physiological processes which are activated when dealing with stress. **RIGHTFOODS™ UnStress** has been formulated to assist in a more relaxed response to stress without the use of sedatives.

Benefits of Foods and Food Compounds

Compounds	Foods	Benefits
Terpenes		
Carotenoids	Carrots	<ul style="list-style-type: none"> Alpha-carotene, a carotenoid food compound, was found to be 10 times more effective than beta-carotene at stopping cancer cells in a Japanese study. Lutein, a food compound, plays a crucial role in preventing age-related macular degeneration, the leading cause of blindness in the elderly.
Carotenoids	Laminaria	<ul style="list-style-type: none"> Research has shown that carotenoid food compounds in kelp may lower blood pressure and cholesterol. Studies in Japan have shown a direct relationship between the amount of seaweed (kelp) consumed and a reduction of colon or rectal cancer.
Limonoids	Lemons and Oranges	<ul style="list-style-type: none"> Researchers have found that the limonoids inhibit lung, skin, and stomach cancers. Increases production of enzymes that may help the body dispose of carcinogens.
Saponins	Alfalfa	<ul style="list-style-type: none"> Saponins, a food compound, in alfalfa and other legumes have shown to lower cholesterol by attaching onto the digestive tract and excreting it out of the body.
Lycopene	Tomato Extract	<ul style="list-style-type: none"> Lycopene appears to protect both heart and lungs against oxidative damage. Zeta-carotene, phytoene, and phytofluene are called the three amigos. These food compounds are found together in tomatoes and appear to strengthen the activity of other carotenoids. They are potent antioxidants.
Phenols		
Betacyanins	Beet	<ul style="list-style-type: none"> Studies at Howard University found beet extract to be an inhibitor of skin, lung, and liver tumors in vitro studies. It is suspected that betanin, a food compound found in beets may be the reason. Betaine, another food compound found in beets, plays a role in detoxifying homocysteine, an amino acid that is correlated with incidence of heart disease.
Tannins	Cranberry	<ul style="list-style-type: none"> Contains tannins, which protect the urinary tract from infections by adhering to the walls of the bladder and urethra. The anthocyanins appeared to reduce platelet clumping in lab tests.
Anthocyanins	Blueberries	<ul style="list-style-type: none"> Considered to have the highest antioxidant activity among all fresh foods. The reason may be that it contains high levels of two food compounds called chlorogenic acids and anthocyanins.
Flavonoids	Citrus	<ul style="list-style-type: none"> In one lab study researchers found that hesperetin, a food compound in citrus, slowed the replication of viruses. Researchers in Italy found that hesperetin reduces inflammation, lowers hypertension, increases "good" cholesterol (HDL), and lowers "bad" cholesterol (LDL).
Flavonoids	Acerola Berry and Rose Hips	<ul style="list-style-type: none"> Quercetin, a food compound in acerola berries, has been shown to be able to stop singlet oxygen free radicals. One study of 804 Dutch men found that the men who ate the most phenol food compound rich foods had 53% fewer fatal heart attacks than those who ate the least.
Isoflavones	Kudzu	<ul style="list-style-type: none"> Isoflavone food compounds in kudzu have shown to be a protective factor from certain types of cancer including breast and prostate cancers. An extract of kudzu had 100 times the antioxidant activity of vitamin E.
Amines		
Chlorophyll	Hydrilla	<ul style="list-style-type: none"> Research indicates that chlorophyll, an amine food compound, can latch onto carcinogens (cancer causers) in the digestive tract and prevent their absorption.
Enzymes	Papaya	<ul style="list-style-type: none"> Papaya helps digest food and is good for relieving symptoms of heartburn, indigestion, and inflammatory bowel disorders.
Polysaccharides		
Polysaccharides	Rice Bran	<ul style="list-style-type: none"> Food compounds in rice bran show the potential to raise the good cholesterol (HDL), while lowering bad cholesterol (LDL).
Polysaccharides	Shiitake	<ul style="list-style-type: none"> Food compounds in Shiitake have been shown to increase the cytotoxic (cancer cell destroying) activity of the immune system.
Pectin	Apple	<ul style="list-style-type: none"> Pectin, a food compound in apples, appears to reduce cholesterol by attaching to cholesterol in the stomach and delivering it out of the body.
Organosulfurs		
Indoles	Cabbage	<ul style="list-style-type: none"> In a study in China, researchers followed 18,000 men and found that men without any detectable levels of isothiocyanates, a food compound found in cabbage, had a 36% greater chance of developing lung cancer.
Sulforaphanes	Broccoli	<ul style="list-style-type: none"> French scientists found food compounds in broccoli help cause apoptosis (cancer cell death) and helped stop the development of tumors. Food compounds in broccoli help boost the production of the body's master antioxidant, glutathione.
Isothiocyanates	Kale	<ul style="list-style-type: none"> Considered to be a potent phase 2 enzyme enhancer. Studies support that sulforaphanes in kale are able to attach to free radicals and dispose of them. D-glucuric acid in kale helps detoxify a number of carcinogens including various nitrosamines.
Thiosulfonates	Onions	<ul style="list-style-type: none"> Organosulfur food compounds support a better ratio of good to bad cholesterol in the blood. Studies show that consumption of onions could raise beneficial cholesterol (HDL) by as much as 30%.
Lipids		
Omega-3	Flax	<ul style="list-style-type: none"> May reduce the risk of cardiovascular disease and improve mental and visual functions. Contains the food compound omega-3, which has proven beneficial against inflammation, immune system dysfunction, heart disease, and cancer.
Sterols	Pumpkin Seeds	<ul style="list-style-type: none"> Beta-sitosterol food compounds have been shown in studies to slow abnormal cell proliferation. Beta-sitosterol has also shown to lower cholesterol.
Isoprenoids	Spinach	<ul style="list-style-type: none"> Spinach is a good source of the isoprenoid compounds, tocotrienols (vitamin E), and co-enzyme Q10 which have been shown to help cardiovascular disease.
Organic Acids		
Ellagic Acid	Currants	<ul style="list-style-type: none"> Food compounds in currants have anti-inflammatory activity. Ellagic acid is able to regulate and increase the activity of enzymes that detoxify the body.
Coumaric Acid	Peppers	<ul style="list-style-type: none"> Contains the food compound p-coumaric acid, which has the ability to inhibit the formation of cancer-causing compounds such as nitrosamines.

Effects of RIGHTFOODS™ UnStress

Support for the Nervous System – During stressful situations the sympathetic nervous system of the body is triggered into action as a means of protecting the body from danger. **RIGHTFOODS™ UnStress** includes a complex of B vitamins as well as Lavender, Gotu Kola and Green Oat Seed to help calm, balance and nourish the nervous system.

Improved Ability to Recover From and Adapt to Stressful Situations – **RIGHTFOODS™** delivers superior adaptogens, including Eleuthero Root, Ginger and Schizandra Berry. These adaptogens enhance the body's ability to deal with and recover from stress. They are particularly valuable in supporting the body through the stress of environmental and biological changes such as temperature, altitude, pollution and jet lag.

Adrenal Support - The adrenal glands control many body functions and are integrally involved in stress response. If the adrenals are not supported they can, over a period of time, stop functioning properly. This may result in depression, anxiety, exhaustion and reduced mental clarity. **RIGHTFOODS™ UnStress** includes Vitamin C, Licorice Root, Eleuthero Root, Schizandra and Pantothenic Acid all of which have demonstrated their ability to aid in the healthy functioning of the adrenal glands.

Mental Clarity and Memory Support – Stress often results in impaired mental function which may be experienced as confusion, lack of concentration and poor memory. Rosemary, Gotu Kola and Eleuthero Root result in enhanced clarity and memory.

Liver Support – Liver activity is dramatically increased during the stress response as it dumps stored glucose into the bloodstream for increased energy production. **RIGHTFOODS™ UnStress** provides herbal tonic extracts of Ginger, Rosemary, Schizandra, Eleuthero Root and Licorice to support liver functions.

Cardiovascular Support – One of the most tangible effects of stress is the increase in heart rate required to send more blood throughout the body. Ginger, Rosemary, Bioflavonoids and Schizandra support cardiovascular functions.

Anti-Depressant Support – Herbal tonics, Ginger, Lavender, Eleuthero Root, Oats and Gotu Kola provide assistance from the naturally depressing effects of certain types of stress.

Rejuvenatives – Eleuthero Root, Schizandra and Gotu Kola are rejuvenatives, which help revitalize the physical and emotional state of being. These revered tonics have been traditionally used for longevity as they enhance cellular rejuvenation.

Antioxidant Support - Eleuthero Root, Ginger, Licorice Root, Rosemary, Schizandra, Hydrilla, Barley Grass, Vitamin C and Bioflavonoids provide antioxidant support which help disarm damaging free radicals caused by stress.

The Importance of Food in RIGHTFOODS™ UnStress

No Nutrient Works Without The Benefit Of Food.

The latest research indicates that the essential factors found in food are needed to deliver nutrients to the cells. When these factors naturally occur you have the most efficient delivery mechanism. Food is the most effective method of nutrient delivery.

A Food Compound Vitamin Provides The Foods That Make The Vitamins And Minerals Work.

Recent Science has proven that food is the key to nutrient delivery and utilization. Cutting edge scientific research on optimum health maintenance and preventative care indicates the undeniable importance of food. The broadest spectrum of food compounds, and components found in food, such as color pigments, enzymes and Protein Chaperones™, are the most direct path to optimal health.

The rationale behind **RIGHTFOODS™ UnStress** is to provide a formula that uses the optimal nutrient delivery mechanism, food, and at the same time allows for non-food supplemental sources that have shown great promise in scientific data.

Whole Food being the essential factor that makes supplements and nutrients work is by far the most important aspect of the proper utilization of this formula. The driving force of food is needed to ensure nutrient delivery and utilization. That is the reasoning behind the *Whole Food Extracts* found in this formula. **RIGHTFOODS™ UnStress** contains all the Complete Active Range™ of food compounds.

A Broad Range Of Supplemental Components.

The human body needs a broad spectrum of nutrients to maintain optimal health. Eating to stay healthy is not as easy as it seems. A study in the July 16, 1999, issue of *Science* reports that people living in the United States and other industrialized nations often fail to obtain recommended daily minimums of essential nutrients. This is despite the fact that meals contain a nearly endless variety of food.

Research reveals an enhanced physiological response is obtained from moderate amounts of a broad spectrum of foods and related food compounds. This broad spectrum of moderate supplemental and nutritive components provides greater health benefits than large amounts of one isolated supplement fraction or the isolated active constituents of a plant.

RIGHTFOODS™ UnStress supplies exceptional nutritional support through a carefully selected combination of B complex vitamins, advanced antioxidants, food compound rich foods and herb extracts which target the organs and systems affected by stress.

RIGHTFOODS™ UnStress contains 13 stress response supportive vitamins and additional nutrients, 8 concentrated Whole Herb Extracts, 30 Whole Food Extracts that include all the classes of Food Compounds (see: Classes of Food Factors - page 5). This broad range of components provides 24 individual vitamins, whole herb extracts, superfoods, antioxidants and a myriad of health-promoting food compounds.

Full Color Spectrum

RIGHTFOODS™ UnStress is the first food compound stress formula. Our carefully crafted whole food extracts enhances bioavailability of the formula and provides a complete spectrum of naturally-occurring health supportive natural color pigments.

Worldwide research, including studies done by the National Cancer Institute, indicates the importance of including a full spectrum of colorful whole foods (red, blue, green, yellow, orange) in the daily diet. The color pigments in whole foods such as anthocyanins, carotenes, chlorophyll and flavonoids are recognized as being protective antioxidant compounds in our diet. It can be challenging to eat every color on a daily basis.

RIGHTFOODS™ UnStress helps meet this challenge by including a daily dose of full color spectrum pigments.

Food Compounds

In 1937, Albert Szent-Györgyi was awarded the Nobel Prize for discovering and isolating a fraction of Vitamin C known as ascorbic acid. Professor Szent-Gyorgyi discovered that Vitamin C-rich concentrated whole food is more bioavailable than isolated ascorbic acid. This increase in bioavailability is due to the presence of enzymatic activity and important complex food compounds.

Protein Chaperones™

The 1999 Nobel Prize was awarded to Dr. Gunter Blobel for his work that concluded “Each protein (chaperone) carries in its structure the information needed to specify its proper location in the cell.” (Nobelforsamlingen, *Karolinska Institute Press Release Oct 11,1999*).

The *Protein Chaperones™* are the key delivery mechanisms, the “addresses” and “zip codes”, that carry the nutrients to the specific sites within the cell, where they are utilized. These chaperones are necessary for nutrient utilization.

Research and identification of these *Food Compounds* has begun to unravel the complexity of food and its use within the body. The discovery of *Protein Chaperones™* has led to an enhanced understanding of nutrient utilization.

By definition, no isolated food fraction (vitamin or mineral) can provide the *Food Compounds*. The exact structure of food is unknown. There are at least 103,000 known food compounds (a tomato contains at least 10,000). One isolated fraction of a tomato, such as ascorbic acid, cannot be considered as beneficial, or a substitute for, the whole tomato.

Classes of Food Compounds

Research into the compounds that make up food is experiencing remarkable growth. This knowledge of the benefits of the Food Compounds is expanding at an ever-increasing rate. Your body makes more kinds of chemicals than all the drug companies put together. Over 100,000 food compounds have been isolated, and current estimates say the actual number may be in the millions. With increasing knowledge of the important health benefits of the Food Compounds many scientists believe that the Food Compounds will prove to be more important to supplement than USP vitamins and minerals.

Since each of the Food Compounds exhibits different actions in the body, it is crucial that a broad and complete range of whole foods be included in the diet. When you consume a full range of the Food Compounds you will benefit from what **RIGHTFOODS™** refers to as, the Complete Active Range™. The Complete Active Range™ of Food Compounds working cohesively together, helps protect your body from the onset of numerous illnesses and diseases. The Food Compounds ultimately provide the foundation for optimum health.

RIGHTFOODS™ UnStress contains the Complete Active Range™ of food compounds.

Nutrients Must Always Be Taken With Food

RIGHTFOODS™ is the first professional line of supplements to embrace the science that food is the essential key to all nutrient delivery. These foods, when properly identified, enhance the effectiveness of the nutrients. Our goal is to provide the absolute highest quality supplements with the most beneficial food extracts in all of our formulas.

Enhanced Utilization

Research shows that delivering vitamins and minerals with complementary whole food enhances nutrient utilization. Nutrients cannot be delivered to the cells without specific messengers. These messengers naturally occur in whole foods. Ascorbic acid functions better when taken with Vitamin C-rich foods, calcium functions better when taken with calcium-rich foods.

Food Compounds

Nutrients do not function alone, but rather in synergy with the *Food Compounds*. These *Food Compounds* are shown to have powerful supportive effects on the physiology. *Food Compounds* are not produced by the body and must be supplied in our food.

Not Just Any Food - The Right Food

Vitamin utilization can be achieved by taking nutrients with a high quality meal. However, not just any meal will do. Foods in the meal must be rich in the same nutrients you are supplementing in order to enhance utilization. The necessary Food Compounds must naturally occur in the food to create enhanced utilization.

The Quality Meal Solution

RIGHTFOODS™ Food Compound Vitamins: Each tablet provides quality whole food extracts. The whole food provides the food compounds you need to utilize your vitamins and minerals. The right whole foods, combined in the correct ratio with vitamins and minerals.

COMPLETE ACTIVE RANGE WHOLE HERB EXTRACTS

“Whole plant extracts, artfully and scientifically prepared, provide the most complete range of the plant’s chemistry and synergy and therefore exercise the most holistic influence on the physiology.” *Naturopathic Handbook of Herbal Formulas*, Herbal Research Publications, Inc., Ayer, MA., pg. 14 (1996).

There are seven different classes of food compounds, each differentiated by the compounds organic structure. Research has shown a diet that includes foods from all seven classes is vital to achieve optimal health because each food compound class exhibits unique health-promoting activities in the body. In fact, several studies have validated the importance of incorporating a broad range of foods rich in compounds from each class to reduce the risk of numerous age-related health conditions. Based on this knowledge RightFoods selected a variety of whole foods rich in food compounds from each class. RightFoods refers to this comprehensive blend of whole foods as the Complete Active Range™. The Complete Active Range™ is achieved by combining at least 26 nourishing whole foods to provide a complete spectrum of food compounds and other food factors necessary for nutrient utilization.

Whole Herb Extracts

In most cases using concentrated whole plant extracts is the best means of herbal delivery. If the herb is not extracted the active constituents can be locked within the cell walls. The more concentrated the extract the more active constituents are available for delivery. For example, 8:1 means eight pounds of whole herb are extracted and concentrated to equal one pound of whole herb extract. In this case the value of the extract is at least eight times greater than the value of the non-

extracted herb. Using these potent whole herb extracts is important for maximum efficacy of the herbs. Extraction creates a huge Advantage. All the herbs in **RIGHTFOODS™ UnStress** are properly extracted for maximum efficacy of the formula.

Whole Plant

Our herbal extracts are created with an understanding of the advantages of the whole plant versus a mere isolated fraction of the plant. Research indicates that the whole plant extract, when compared to the isolated fraction, delivers superior results. This whole plant advantage is due to the synergistic effect of the thousands of food compounds contained in the plant. The delivery mechanism of whole herbs with their synergistic food compounds intact creates the same advantage as the delivery of whole food nutrients.

Whole plant extracts are safer than isolated fractions of plants. Examination of the US Pharmacopoeia reveals that isolated fractions of plants are often the basis for therapeutic drugs, many of which exhibit side effects. With few exceptions, whole herb extracts do not exhibit these side effects. All the herbs selected for **UnStress** are tonics and adaptogens, generally recognized as safe, though this formula is not suggested for use by pregnant women.

Tonic Whole Herb Extracts in RightFoods™ UnStress

Eleuthero Root (*Eleutherococcus senticosus*):

Eleuthero Root as a primary adaptogen and antioxidant, supports the adrenal glands, the body's stress response, immune system and endocrine system, spleen, liver and thymus gland.

Eleuthero Root has been shown to help the body deal with stress, both physical and mental. Eleuthero RootGinseng delays the onset and reduces the intensity of the fight or flight phase of the stress response mechanism (Ref 1).

The subject of numerous studies, this rejuvenative herb is revered internationally for stamina, oxygen metabolism, enhancing longevity, memory and improving general health. Eleuthero Root possesses greater antioxidant activity than the vitamins C and E. In a double blind, clinical study, nurses on night duty who took Eleuthero Root felt more alert, yet tranquil, and were able to perform better than nurses who did not take the Eleuthero Root (Ref 2).

It supports adjustment to high altitudes, athletic performance and stamina. Eleuthero Root is a superior tonic, with the greatest benefits experienced after continuous use. Research demonstrates the beneficial effect of Eleuthero Root on modulation of blood pressure and cholesterol levels.

Schizandra Berry (*Schisandra chinensis*) Wu Wei Tza:

Schizandra is the revered five flavored herb. It is considered both a primary superior herb and a food in Traditional Chinese Medicine. Schizandra's actions include: antioxidant, adaptogen, antihepatotoxic, digestive tonic, cardioprotective and urinary tonic.

Schizandra's adaptogenic action made it indispensable when considering botanicals for use in this formula. As an adaptogen, Schizandra helps build non-specific resistance, supports and restores immune function, and supports adrenal function. As a balanced digestive tonic, Schizandra delivers an additional benefit that is important to sustaining the body as a whole.

Schizandra contains polyphenol and lignan compounds, which contribute to superior antioxidant activity, free radical scavenging, adrenal, liver, and digestive support. Schizandra's antioxidant activity has been shown in research to surpass the antioxidant activity of Vitamin E, Vitamin C and Betacarotene.

Schizandra strengthens reflexes and the nervous system, it is widely used for nervous system exhaustion, fatigue and stress. Schizandra is useful for memory enhancement and depression. By calming the spirit, Schizandra also helps with insomnia making it an all round excellent herb for stress related dysfunctions.

Schizandra contributes to hydration of the tissues by rejuvenating the kidneys and promoting the production of body fluids. It is used for increasing endurance and stamina while reducing recovery time from physical activity. This amazing and flavorful berry is also a favorite sexual tonic and aphrodisiac for women and men. It supports sexual fluids and stamina.

Licorice Root (*Glycyrrhiza glabra*):

In traditional Chinese medicine Licorice root is called the great “harmonizer” or “peacemaker” because it is believed that it harmonizes the actions of all other herbs. It holds a prominent place in Chinese herbology, being the most often used herb in this system of treatment. Licorice is also among the most widely studied of all herbal medicines.

Licorice has a marked effect on endocrine function and is a highly supportive tonic for the adrenal glands. It increases the production of cortisol, DHEA, and aldosterone; supporting the adrenal cortex. Licorice contains triterpene compounds which are metabolized in the body into molecules similar in structure to adrenal cortex hormones. These compounds are able to bind to the glucocorticoid receptors on cells and exert glucocorticoid-like effects. This is an invaluable herb for supporting the body in times of stress.

Licorice contains: triterpenes, flavonoids, isoflavonols, phytosterols, lignans, amino acids, coumarins, glycyrrhetic acid and, its major active compound, glycyrrhizin.

Licorice’s actions include: adrenal agent, anti-inflammatory, anti-spasmodic, anti-hepatotoxic, demulcent, expectorant, anti-viral, estrogenic, anti-allergenic, anticancer and antibacterial.

There are cautions for Licorice use when hypertension is present; however, in the cases where Licorice caused edema, copious amounts were consumed, ranging from 2-7 grams daily.

Gotu Kola Herb (*Centella asiatica*)

Gotu Kola is considered one of the most important rejuvenative herbs in Ayurvedic medicine. Gotu Kola supports and revitalizes the nervous system and brain. It helps to reduce “mind chatter”, helping those who can’t seem to relax their thoughts.

Research indicates that it is beneficial for the skin, including acne, eczema, other chronic skin conditions which are often exacerbated during stressful periods. It is a tonic that strengthens the adrenals and immune system, assisting them in stress response.

Rosemary Leaf (*Rosemarinus officinalis*)

Rosemary provides several important properties to this formula. Shakespeare gave Rosemary the name “herb of remembrance”. Research has identified at least six constituents in Rosemary, that support memory by helping to prevent the breakdown of acetylcholine. Acetylcholine is important to memory functions and the proper synapse of neurons facilitating cellular communication. Diminished levels of acetylcholine have been linked to Alzheimers disease and dementia.

Rosemary is a culinary and medicinal herb that has been used to enhance the flavors of food while its antioxidant properties also help preserve foods. Significant levels of a dozen or more antioxidants have been discovered in Rosemary. It's antioxidants protect the entire body including the brain. The antioxidants also help protect the cardiovascular system including capillaries, arteries and the heart. Rosemary is a stimulant to the circulatory system

Wild Green Oat Seed (*Avena sativa*)

Wild Green Oat Seed is a soothing and nourishing tonic for the nervous system. Used as a nutritive for the nervous system, oats are soothing, supportive and are also considered a cardiac tonic. With the prominence of cardiovascular disease in our culture, and its relationship to stress, this is an excellent choice to alleviate some of the outward symptoms of stress. Wild Green Oats have been used in protocols for treatment of some forms of substance abuse.

Lavender Flower (*Lavandula angustifolia*)

Lavender has an old history as a mood enhancing herb. It has been traditionally used to ease and clear the mind, uplift the thoughts and help to relieve anxiety and depression. It is approved in the *German Commission E Monographs* for use mood disturbances, including insomnia, and restlessness. Lavender is a favorite for tension and nerve related stress. Traditionally used for nervous tension, mild depression and stress during menstruation and menopause.

Ginger Root (*Zingiber officinale*):

Ginger is traditionally known as the delivery herb, enhancing the effectiveness of other herbs and increasing nutrient bioavailability.

A powerful antioxidant with adaptogenic properties, it aids peripheral circulation.

Ginger is balancing to the prostaglandins, hormone-like substances that regulate inflammation.

Research indicates ginger is a digestive aid rich in proteolytic enzyme activity that increases bile production. Ginger's actions include: antioxidant, anti-nausea, analgesic, antihepatotoxic, digestive tonic, biopotentiator, anti-inflammatory, adaptogen, antibacterial, antihelminic, cytoprotective, cardiovascular tonic.

Nutritional Components in RIGHTFOODS™ UnStress

B Complex

B complex vitamins support the metabolic functions related to energy production, fat, carbohydrate and protein metabolism. They are necessary for healthy functioning of the nervous system, muscles in the GI tract, health of the hair, skin, eyes, mouth and liver. Lower levels are found in the elderly. Food Sources: yeast, whole rice, whole grains, blackstrap molasses, legumes, meats, nuts and seeds.

B-1 -Thiamine facilitates Krebs cycle functioning; this enables the body to manufacture energy from glucose. It has been shown to affect emotional well being.

Food Sources: yeast, seeds, legumes, whole grains, nuts.

B-2 - Riboflavin functions within enzyme systems involved in the metabolism of carbohydrates, fats and proteins. It is important to cell respiration and to regenerating glutathione.

Food Sources: yeast, liver, seeds, legumes, whole grains, nuts.

B-3 - Niacinamide is involved in all of the functions of the B complex. It has been found to benefit insulin secretion and cholesterol management.

B-5 - Pantothenic Acid is utilized in energy production and in the manufacture of adrenal hormones and red blood cells. Necessary for the body's natural stress response, and support for hayfever and other allergies. Food Sources: yeast, seeds, legumes, whole grains, nuts.

B-6 – Pyridoxine is involved in building the body's proteins, structural compounds, chemical transmitters in the nervous system, prostaglandins and red blood cells. It assists in modulating hormonal balance and immune function.

Food Sources: yeast, seeds, legumes, whole grains, nuts, cauliflower, and sweet potatoes.

B-12- This is important in the prevention of pernicious anemia. Aging may increase our need for supplementation of B-12. It works with folic acid in the production of DNA, red blood cells, and the myelin sheath that surrounds the nerves.

Food Sources: liver, clams, seafood, fish, whey, eggs, hard cheeses, some fermented foods.

Folic Acid – Works with vitamin B-12 in many vital functions. It is critical to DNA synthesis and cellular division. It is absolutely essential for a healthy pregnancy. Folic Acid is the subject of much research in its relationship to proper cellular health.

Food Sources: yeast, dark green leafy vegetables, liver, whole grains, nuts, broccoli, legumes, and mushrooms.

Biotin – This functions in the production and utilization of fats and amino acids. It has a beneficial effect on the scalp, hair and nails.

Food Sources: yeast, liver, whole grains, nuts, legumes, and mushrooms.

Choline

Choline is essential to the manufacture of the vital neurotransmitter's acetylcholine and phosphatidylcholine and also to other components of cell membranes. It is important to fat metabolism.

Food Sources: liver, eggs, banana, cauliflower, grape juice, peanut butter, lecithin, legumes, and mushrooms.

Choline

Choline is essential to the manufacture of the vital neurotransmitter's acetylcholine and phosphatidylcholine and also to other components of cell membranes. It is important to fat metabolism.

Food Sources: liver, eggs, banana, cauliflower, grape juice, peanut butter, lecithin.

Inositol

Inositol functions closely with choline in the production of cell membranes.

Food Sources: citrus fruits, whole grains, nuts, seeds, and legumes.

Vitamin C

Vitamin C is also critical to the performance of the immune and nervous systems as well as adrenal function and provides antioxidant protection. It promotes wound healing, red blood cell formation and plays a role in both protein and calcium metabolism.

Food Sources: citrus fruit, acerola, peppers, kale, collards, broccoli, most fruits and vegetables.

Bioflavonoid Complex

"Nature's biological response modifiers," bioflavonoids have the ability to modify the body's reaction to stressors such as allergens, viruses and carcinogens. It is important for strengthening the capillaries and veins. Bioflavonoids function as powerful antioxidants. Research has shown them to be anti-inflammatory, liver protective, anti-tumor, antimicrobial, antioxidant, antiviral, supportive to the immune system, and strengthening to the entire cardiovascular system. They also have an estrogenic effect. Bioflavonoids include rutin, hesperidin, quercetin, and naringin. Food Sources: citrus fruit, berries, grapes.

Additional Nutrient Dense Whole Food Extracts

Alfalfa (Medicago sativa)

This green food is rich in nutrients and food compounds including Chlorophyll, Calcium, Magnesium and Trace Minerals including Boron, as well as Vitamins K, C, A, E, Folic Acid and other B vitamins, Flavonoids and Phytoestrogens.

Compounds include isoflavones, and research indicates that it stimulates or enhances estrogen production. Nourishes the blood, liver and the body in general. Also indicated as useful in cholesterol management and reduction. Only the leaf and stem are used, no seeds.

Hydrilla verticillata

Hydrilla Verticillata is a rooted macrophyte, meaning that its roots draw nutrients from the soil or base of freshwater lakes, rivers and streams. Unlike algae (known as surface macrophytes) which float on top of fresh water and absorb nutrients from the surface, hydrilla lives below, protected from air-borne contaminants. Submerged macrophytes like *Hydrilla* accumulate more nutrients from the soil and water than surface macrophytes mineral content.

Hydrilla provides an abundant source of: Calcium, Magnesium, Potassium, Phosphorus, Manganese, Iron, Chlorophyll, B-Complex, Beta Carotene, 17 Amino Acids, 8 Fatty Acids, Polysaccharides, and all Essential Trace Minerals. This green super food has potent antioxidant and free radical scavenging properties. Energy enhancing, it also enhances nutrient absorption. It is indicated as radio protective (Inhibits damage caused by radiation).

Supports muscle building and has anti-aging factors such as RNA/DNA, polysaccharides, SOD, and co-enzymes. *Hydrilla* is ecologically sound as it grows abundantly in fresh waters.

Barley Grass & Juice Concentrate (*Hordium vulgare*)

Highly nutritious green food naturally rich in Chlorophyll, Beta-Carotene, magnesium, iron, SOD, B-Complex, calcium, sulfur, trace minerals and amino acids. A supportive, balancing super food with supportive antioxidant properties.

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