

Living Terapia

The Source of Life



The LIVING TERAPIA formula is inspired by an ancient herbal formula created by the North American Objwa Indians (present day Canada). This mix of herbs was regarded as miraculous by these people, and their literature describes it as “A holy drink that would purify your body and place it back in balance with the Great Spirit.”. It was described in this manner because of its detoxifying and immuno-stimulant properties. Today, this formula has been newly prepared and updated to reflect the most modern herbal knowledge. The extracts it contains act on many different areas and are useful for targeting a wide range of very different health conditions.

The theory is based on an extremely simple principle: cure the person no matter what pathology he/she may manifest. In other words, help the human being to regain its balance so he/she is prepared to resist the effects of the illness. This can be obtained by detoxifying the organism at the hepatic, kidney and cutaneous levels, reducing any disturbances of an inflammatory or allergic nature and revitalizing the organism by stimulating the metabolism and the immune defenses.

Resetting homeostasis and detoxification are the foundation for a fast and natural improvement, no matter what the illness.

The product does not contain alcohol or sugar. The lack of alcohol is fundamental, especially when our goal is to detoxify and drain a body that has already been the target of pharmacological treatments.

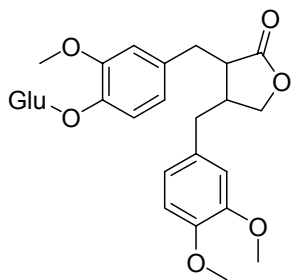
Ingredients

Water
Burdock (*Arctium lappa*) root
Wood Sorrel (*Oxalis montana*) grass
Slippery Elm (*Ulmus rubra*) bark
Chinese Rhubarb (*Rheum palmatum*) stalk
Red Clover (*Trifolium pratense*) flower
English Plantain (*Plantago lanceolata*) grass
European Ash (*Fraxinus excelsior*) leaf
natural flavors
natural caramel color (strictly to control slight variations in product appearance due to seasonal and geographic variations in natural herbs)

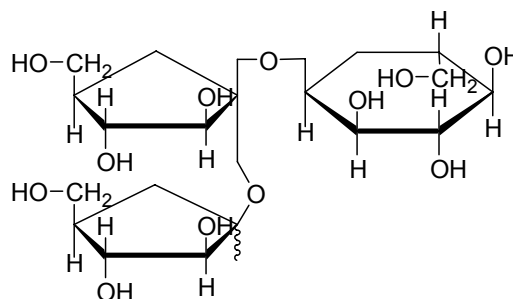
Herb Discussion

All plants used by Balestra & Mech are either wild or have not been treated with chemical agents. All products contain no alcohol, no sugar and no preservatives.

Burdock root is rich in sugars of the inulin family, present in a concentration that ranges from 45% to 60%. Another interesting chemical compound that this plant contains is arctioside, a germacranolide derivative.



Arctioside



Inulin

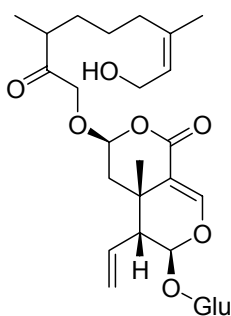
Burdock has many properties, inulin is a molecule that promotes growth of the intestinal flora and, in particular, the Lactobacilli, which favor synthesis of vitamins and other components that are indispensable for our health. The component germacranolidica also acts as a cutaneous detox agent, a fact that has been confirmed by recent studies. It also contains a choleric component. **Wood Sorrel** is from the Oxalidaceae's family and it is very similar to Red Clover. It contains oxalic acid and derivatives, and it is the derivatives that contribute to its activity. It is used among other things for metabolism weakness, digestive problems, liver and bile illness, and stone formation tendencies. It was popular once against scurvy and cutaneous problems. The plant is not harmful in the prescribed doses but higher doses may disturb people who are particularly sensitive to it.



Wood Sorrel

Chinese Rhubarb is known as a cholagogue and choleric, which makes it a good hepatic drainer, just like the artichoke. The plant is not harmful in the medicinal doses, but care must be taken during pregnancy and when nursing because some constituents can be passed on to the baby.

Slippery Elm is in the formula because of its energizing and stimulating characteristics. It has a specific regenerating action and reinforces the tissue and the mucus. Less specifically, it revitalizes the whole organism.

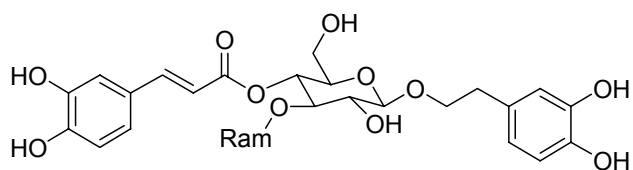


Diidrofoliamentina

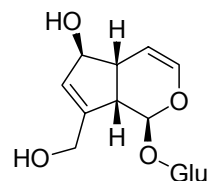
Red Clover belongs to the gentian family and like the gentian it has iridoids and secoiridoids in its chemical composition. These are what give this plant its bitter taste. Loganoside, mentiafoline, diidrofoliamentina and derivatives are among the other important compounds that this plant contains. Other interesting compounds are flavonoidic derivatives among which hyperoxide, which is also present in Birch. This plant was traditionally used to stimulate the appetite and increase weight in cases of organic deterioration coming from any cause. The

flavonoidic component is also a kidney drainer and diuretic, which helps organism detoxification.

English Plantain is a very common plant that usually grows on calcareous ground. Its precise mechanism is not yet clear but is likely related to its caffeic acid derivatives, the most abundant of which is verbascoside.



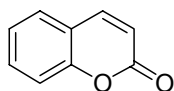
Verbascoside



Aucuboside

Plantain also contains irridoids, just like aucuboside. The properties of this plant are bronchodilating and antibacterial. Recent in-vitro studies have highlighted that the extract inhibits lipoxigenasys, which guarantees an anti-inflammatory and anti-allergenic activity but without any side effects (the cycloxigenasys is not influenced).

European Ash has not been the focus of many phytochemical studies, and its chemical composition is not perfectly known. But it does contain coumarinic derivatives, phenolic acids and flavonoids. European Ash was used traditionally as a diuretic and anti-inflammatory, these functions were confirmed by recent studies. It also seems to have a positive effect on osteoarticular pain. The coumarins also have an anticlotting, platelet antiaggregation and slightly antibacterial activity. The extract is not harmful if taken over long or short periods.



Coumarin

Recommended Use

We recommend taking five measures of product dissolved in approx 48oz. of water throughout the day.

Nutrition Information - per 10ml serving

Energy: 1.2 Kcal – 5.0 kJ
 Protein: 0.006 g
 Carbohydrate: 0.08 g of which sugars: 0.00 g
 Fat: 0.06 g of which are saturated: 0.00 g
 Fiber: 0.005 g

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