

# No Brainer

Natural Medicines that Reverse Autoimmunity & Brain Diseases



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**Natural Medicines that Reverse Autoimmunity & Brain Diseases**

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## Introduction



So many people don't realize the power of natural medicines. There's a natural medicine for almost any ailment you can think of. The problem is that the western medical system took over by promoting pharmaceutical drugs that come with tons of unwanted side effects.

Many studies have shown that natural medicines can be extremely effective in treating the same illnesses that are usually treated with western medicine. Natural medicine doctors have actually had lots of success reversing brain diseases and autoimmunity with natural medicines.

Instead of masking your symptoms with drugs, that you'll likely have to stay on indefinitely, natural medicine doctors use these natural supplements and nutrition to address the root cause of your illness.

Not only does this reverse diseases, but also helps to prevent future diseases too. In this eBook, we'll be sharing 14 top natural medicines that you can use to optimize your brain health and get rid of autoimmune symptoms and diseases.

When it comes to choosing the right herbs or natural medicines to use, it could be overwhelming. We've put together a list of the most effective and well-known natural medicines that have successfully been reversing brain and autoimmune diseases for many years.





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## Ashwagandha

Ashwagandha (*Withania somnifera*), also called winter cherry or Indian ginseng has been one of the most popular natural healing remedies in Ayurvedic (traditional Indian) medicine for almost 5,000 years. Throughout the centuries,

Ashwagandha has been proven to be one of the most versatile and effective natural remedies.

Ashwagandha is one of the most commonly used and best researched adaptogenic herbs. Adaptogens are incredible healing plants that provide numerous health benefits.

Hundreds of published studies prove Ashwagandha is highly effective in balancing hormones, improving thyroid function, balancing the immune system, increasing stamina and endurance, treating adrenal fatigue due to stress, stabilizing blood sugar, lowering cholesterol, alleviating constipation, combating parasites, supporting rheumatism, helping insomnia, and inhibiting cancer cells.



A 2014 study proved ashwagandha to be an effective remedy in managing rheumatoid arthritis.<sup>1</sup>

And a 2018 study demonstrated that treatment with ashwagandha may be beneficial for normalizing thyroid indices in subclinical hypothyroid patients.<sup>2</sup>

Ashwagandha is prized for its many neuroprotective, brain-boosting benefits, including supporting brain cell regeneration, alleviating anxiety and depression, reducing stress, lowering cortisol levels, enhancing mood, improving nervous conditions, preventing degenerative diseases, and fighting inflammation. Ashwagandha's ability to protect the body from the toxic effects of physical and emotional stress is what makes it such a popular herb.

The root and leaves of the ashwagandha plant are where most of the curative properties lie. Most studies that demonstrate the beneficial health effects of ashwagandha have used the root.

The common dosage is 300–500 mg of a root extract taken with meals. Lower doses (50–100 mg) have been shown to help in some instances, such as enhancing the effect of anxiety-modifying agents. It can also be applied topically as a paste made from its root powder to treat boils, ulcers, and skin infections.



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## Garlic



Garlic (*Allium sativum*) is rich in vitamins and minerals, especially Vitamins B1, B2, B3, B6, folate, Vitamin C, calcium, iron, magnesium, manganese, phosphorous, potassium, sodium, and zinc. Garlic contains the high-sulfur compound, allicin, which has potent antioxidant, antibacterial, and anti-fungal properties.

In fact, garlic has been used as an antibiotic to treat bacterial, fungal, and parasitic infections for the last 7,000 years. Some studies have shown a diluted garlic extract helps children with tapeworm infections.

Numerous research works have shown the immunomodulatory and immunotherapeutic potentials of AGE (a garlic preparation and extraction method) as a whole, including free radical-mediated anti-inflammatory, anticancer, and antiangiogenic effects, as well as improving hyperglycemia and dyslipidemia, cardiovascular diseases, infectious diseases, autoimmune diseases, and allergy, which have been shown in both animal models and cell lines.<sup>3</sup>

Garlic builds up immunity against common colds and helps keep our digestive system clean by flushing out toxins. An additional benefit of a healthy digestive system is healthy skin. Garlic protects the skin from the harmful effects of free radicals and fights the depletion of collagen. Topically, it helps heal scars and treats eczema and fungal infections like ringworm and athlete's foot.

Garlic benefits can be increased by chopping or mincing it and then allowing it to sit a few minutes before cooking or adding an acid such as lemon juice. This increases the availability of both the sulfur compounds and the alliinase enzymes.



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## Rhodiola



Rhodiola (*Rhodiola Rosea*), also known as “golden root” or “Arctic root” grows in the cold, mountainous areas of Northern Europe and Asia, where it has been used for centuries to treat stress, anxiety, and depression. Rhodiola is prized for its ability to improve brain function, benefit mental health, fight fatigue, and enhance physical and intellectual performance.

It stimulates the brain and enhances memory, concentration, and energy while fighting anxiety and maintaining calmness. It's able to achieve these benefits by raising neurotransmitters such as serotonin, dopamine, and norepinephrine.

The 140 active ingredients in this adaptogenic herb help your body adapt to physical, chemical, and environmental stress. It can be used to boost athletic performance, lower cortisol levels that spike in times of stress, and burn belly fat.

In a clinical trial published in 2017 in *Complementary Medicine Research*, 100 people with prolonged or chronic fatigue received 400 mg of Rhodiola daily (2 doses of 200 mg) for eight weeks. The greatest change was observed after only one week.

Participants experienced statistically significant improvements by the eighth week. They improved their mood and concentration and reduced their stress and fatigue.<sup>4</sup>

In patients with autoimmune diseases, Rhodiola helps tame the erratic response that leads to autoantibody production. The daily dose is 250 mg daily. Precautions: Rhodiola **should not** be used by individuals with manic or bipolar disorders.<sup>5</sup>





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## Astragalus Root

Astragalus root (*Astragalus membranaceus*), also known as milk vetch, is one of the most powerful immune-boosting plants you'll ever find. This adaptogenic herb has been used in Traditional Chinese Medicine for over 2,500 years - and has become one of its most revered natural medicines.

To this day, it continues to be prized for its immune-boosting properties, and its ability to shield the body from the toxic effects of stress and disease.

Astragalus root is commonly used to treat AIDS, chronic fatigue, Multiple Sclerosis, asthma, and other serious immune system disorders in people who prefer natural medical remedies. Astragalus is also used to treat fibrotic changes in the tissues as can occur with autoimmune diseases like diabetes, nephritis, hepatitis, arthritis, and dermatitis.



The Memorial Sloan Kettering Cancer Center in New York City- one of the most respected cancer hospitals in the world- mentions using astragalus root on its website. "Astragalus has immune-stimulating effects and may help to reduce side effects from chemotherapy."

This miraculous herb boosts cardiovascular and respiratory systems, prevents diabetes, and helps to heal wounds. And the antioxidants found in astragalus root help combat disease and aging due to free radical damage.

Many healthy people take astragalus root as a general health booster or to fortify their immune system during cold and flu season. Studies have shown that ongoing use of astragalus root increases antibodies, T-cells, and interferon- all of which strengthen the immune system and protect the body against disease.

A 2012 study from Beijing demonstrated that astragalus helps control t-helper cells 1 and 2, thus regulating the body's immune responses.<sup>6</sup>

Astragalus is traditionally used in teas or powders, often combined with other herbs, of 20 to 100 grams per day of crude powder. Commercial capsules usually include 100-200 mg in blended formulas or 500 mg in single herb capsules taken 2-3 times per day.





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## Moringa

Moringa (*moringa oleifera*) leaves and pods provide much-needed nutrients to malnourished people in developing countries. This drought-resistant tree is an excellent source of protein, vitamins A and C, calcium, amino acids, and potassium. Common names include moringa, horseradish tree, drumstick tree, and West Indian ben.

This powerful plant is used to treat a variety of health conditions, including diabetes, anemia, allergies, arthritis, epilepsy, thyroid disorders, high blood pressure, low sex drive, and cancer. It has antibacterial, antifungal, antiviral, antiparasitic, antioxidant, and anti-inflammatory properties.

A 2015 study published in *Pharmacognosy Magazine* demonstrated the anti-inflammatory effect of moringa leaf extract.<sup>7</sup> Moringa's leaves, flowers, and seeds are rich in flavonoids, polyphenols, and ascorbic acid. These powerful antioxidants support brain health and cognitive function, as well as fight free radicals - molecules that cause inflammation, cell damage, and oxidative stress.



Its other brain-boosting abilities include stabilizing serotonin, dopamine, and noradrenaline in the brain, which is crucial for mental health, memory, mood, and organ function.

High concentrations of polyphenols protect the liver against oxidation, toxicity, and damage. Moringa's blood-clotting properties support wound healing, and fighting fungal skin infections, urinary tract infections, and digestive issues.

This amazing plant reduces inflammation by inhibiting inflammatory enzymes and proteins. And in diabetics, it lowers lipid and glucose levels and controls oxidative stress - preventing cell damage.

Moringa leaf powder provides several cardiovascular benefits, including lowering cholesterol levels, controlling lipid levels in the blood, and stopping the formation of artery-blocking plaques.

The leaf powder can be added to a smoothie or drink it as a tea. Moringa can have laxative effects in large quantities, so a safe dose to introduce it into your food or diet and avoid digestive problems is 1/2 to 1 teaspoon per day.<sup>8</sup>



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## Sage

Sage (*Salvia officinalis*) has been prized as a natural medicine for thousands of years. When consumed even in small amounts, sage is a powerful brain booster. It prevents neurodegenerative diseases like Alzheimer's and dementia, improves memory and concentration, and reduces inflammation.

According to a medical doctor and natural medicine advocate, Dr. Sruti Lam, "Every time I look at sage, the thing that comes to my mind is women's health. Sage is an excellent reproductive tonic. It is also used for insomnia when you come to menopausal age. It decreases night sweats and hot flashes. So, it also decreases mood and anxiety, and so helps people sleep, especially by balancing out estrogen progesterone. That is one of the main uses of sage.

"Sage, like rosemary, is also antibacterial, and it has an affinity for our throat and our bronchial tract. Just inhaling sage oil, or diffusing sage, actually helps with clearing out your sinuses and your respiratory tract.

"This incredible herb fights free radicals, prevents or improves diabetes, boosts your immune system, improves the health of your skin, and strengthens your bones.

"Sage oil can also be used for insomnia. You can diffuse it all over the house, and sage is just a beautiful plant that can just grow in your kitchen garden. It contains a lot of different properties for the gut system as well, helps with bloating and distension."

In a study in Switzerland, 71 menopausal women experiencing at least five hot flashes daily were treated with a once-daily tablet of fresh sage leaves for 8 weeks. The mean total number of hot flashes per day decreased significantly each week.

The mean number of mild, moderate, severe, and very severe flashes decreased by 46%, 62%, 79%, and 100% over 8 weeks, respectively.<sup>9</sup> In addition to diffusing sage essential oil, fresh or dried sage can be added to food dishes and used as a tea.







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## Cilantro



Cilantro (*Coriandrum sativum*), sometimes called Chinese or Mexican parsley, is a versatile herb that contains several vitamins and minerals, including vitamin K, folate, potassium, manganese, and choline. It's also rich in phytonutrients, phenolic compounds, flavonoids, and antioxidants beta-carotene, beta-cryptoxanthin, lutein, and zeaxanthin.

Cilantro's numerous health benefits include its ability to promote the detoxification of heavy metals, reduce anxiety, improve sleep, lower blood sugar levels, boost heart health, support the digestive system, promote skin health, and fight free radical damage that can lead to a number of degenerative diseases.

Research studies have found cilantro inhibits the accumulation of lead in the body, making it an effective, natural detox agent. The antimicrobial and heavy metal chelation properties of cilantro have made it a popular ingredient in "detoxification" juices and drinks to remove toxins from the body.

A study published in the *Journal of Medicinal Food* in 2015 examined the ability of cilantro extracts to protect skin against damage caused by UltraViolet (UV) B radiation. The results supported the potential of *C. Sativum* (cilantro) to prevent skin photoaging.<sup>10</sup>

Due to its high antioxidant content, oil extracted from the leaves of cilantro has been shown to inhibit unwanted oxidation when added to other foods, delaying or preventing spoilage.

Cilantro has tender leaves that are best to add either raw or near the end of cooking to maintain their delicate flavor and texture. Separate the leaves from the stems and only use the leaves.



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## Cat's Claw



Cat's claw (*Uncaria tomentosa*) is a tropical vine that grows up to 100 feet tall in the Amazon rainforest. Its name comes from its hook-like thorns that resemble cat claws. South Americans have been using its roots and bark for centuries as a natural remedy for treating numerous ailments, especially arthritis and digestive issues.

Cat's claw effectively treats gastrointestinal disorders, including leaky gut, irritable bowel syndrome, and ulcers. It also provides intestinal support by cleansing the digestive tract and ensuring good gut flora.

It's one of the most potent antiviral herbs for boosting the immune system and fighting infections. Oxindole alkaloids, found in the bark and roots, are the active ingredients that strengthen the immune system.

In addition to being a powerful antiviral, cat's claw is also antioxidant, anti-inflammatory, and anti-mutagenic. It's been used as an effective, natural treatment for arthritis, allergies, asthma, diabetes, chronic fatigue syndrome, ulcers, hemorrhoids, and lowering high blood pressure.

In 2002, the Journal of Rheumatology published a randomized double-blind study of cat's claw for the treatment of rheumatoid arthritis. Researchers found in 40 people with RA the supplement reduced joint swelling and pain by more than 50 percent compared to the placebo.<sup>11</sup>

According to a study published in Inflammation Research, people with knee osteoarthritis experienced similar results in pain reduction.<sup>12</sup>

Cat's claw can be taken as capsules, tablets, liquid, and tea bags. A common dosage for immune support is 250-300 mg daily.





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## Maca Root



Maca Root (*Lepidium meyenii*) or Peruvian ginseng has been used as a natural medicine for over 3,000 years. It's highly nutritious and a good source of protein, fiber, vitamins B6 and C, copper, iron, potassium, and manganese. Maca root powder contains over 20 amino acids and 20 free-form fatty acids.

Maca root benefits the endocrine system, which regulates energy levels, sexual function, fertility, digestion, and the brain and nervous system. Maca root acts as an adaptogen, helping the body cope with stress and bringing it back into balance.

Several studies have shown that maca can enhance mood, and reduce anxiety, and depression.

Flavonoids contribute to the improvement of mental health. It can also improve brain function, including learning and memory. It's traditionally been used to improve children's performance in school.

Maca root powder is a popular supplement among bodybuilders and athletes to gain muscle, increase strength, boost energy, enhance endurance, and improve exercise performance.

It may also shrink an enlarged prostate and possibly reduce the chance of prostate cancer due to its high concentration of glucosinolates. Other benefits include improving blood pressure and protecting skin from UV rays.

Maca can help with anemia, chronic fatigue, stomach cancer, leukemia, menstrual issues, and balancing hormones. A study published in the International Journal of Biomedical Science showed that maca can balance female sex hormones and alleviate symptoms of menopause.<sup>13</sup>



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## Chlorella



Chlorella is coming into its own as a “superfood”. One of the main reasons for this is that this fresh-water, single-celled organism is a nutritional powerhouse, containing extremely high levels of iron, thiamin, riboflavin, and Vitamin A.

In addition, not only is chlorella one of the rare plant sources of Vitamin B12, it is provided in a form that is highly absorbable to humans.<sup>14 15</sup>

This is significant because Vitamin B12 deficiency has been linked to autoimmune disorders. An abstract submitted at the 2012 annual meeting of the American College of Rheumatology outlined a 6-month study of patients at a rheumatoid clinic.

They looked for correlations between low levels of B12 and autoimmune markers. They found these patients had: rheumatoid arthritis, Graves’ disease, diabetes, hypogonadism, osteoarthritis, Hashimoto’s, lupus, primary Sjogren’s, primary Raynaud’s 4; polyarticular CPPD; tophaceous gout, vasculitis, ankylosing spondylitis, and pyoderma gangrenosum.<sup>16</sup>

A 2006 study published in the American Journal of the Medical Sciences had similar findings. They found that 28 percent of patients with thyroid disease had clinically low levels of Vitamin B12.<sup>17</sup> Chlorella also contains proteins, omega-3, polysaccharides, and several antioxidants.<sup>18 19</sup> Of course omega-3 (see below) and antioxidants are well-known for their inflammation-fighting properties.



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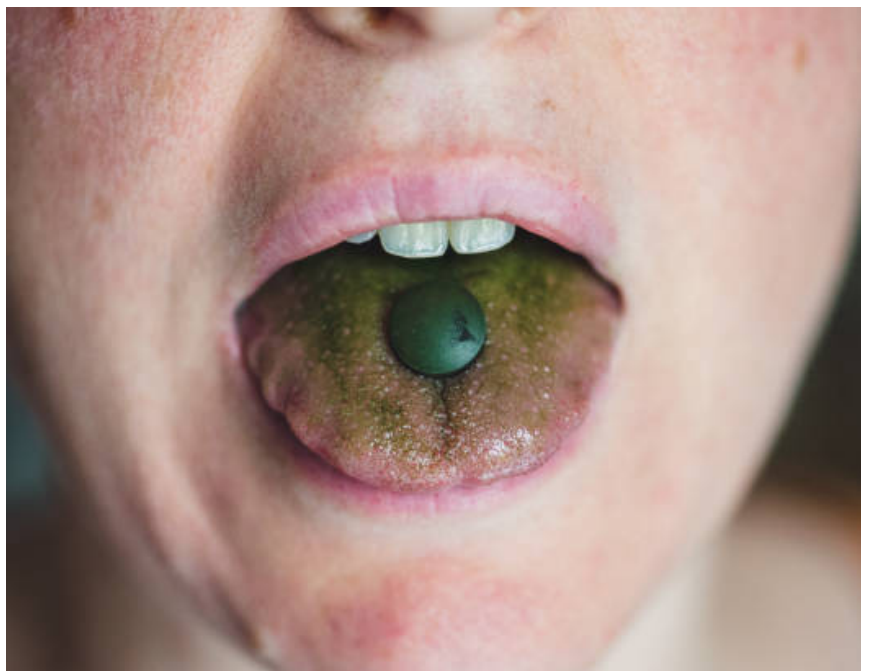
These are just two reasons why chlorella is also considered anti-inflammatory. One example of this is a 2014 study that demonstrated that chlorella increased antioxidant enzymes, and decreased enzymes associated with inflammation.

In 2016, researchers in India experimented with varying formulas and concluded chlorella could “be a potential source of developing anti-inflammatory agents and a good alternate for conventional steroidal and nonsteroidal anti-inflammatory drugs.”<sup>20</sup>

A 2009 human study demonstrated that not only does chlorella offer protection from the damage of free radicals and oxidative stress, but it can also repair cells and cell DNA.<sup>21 22</sup>

In fact, chlorella may help prevent dementia and Alzheimer’s.<sup>55</sup> Researchers believe this is due to its highly absorbable lutein content. Alzheimer’s and dementia patients have both been observed to have “significantly lower” levels of lutein in their blood.<sup>23 24</sup>

It is important to note that despite the findings on lutein, they did not find that supplementing with lutein alone yielded improvements. It is normally too difficult for the body to absorb in a way that is useful.<sup>25</sup> Not so with chlorella, as a 2013 Japanese study reported.



These researchers found the lutein from chlorella easily passed through into cells, and this in turn lowered the previously recorded markers of inflammation and damage.<sup>26 27</sup> Their patients started out with low lutein blood levels, and after just a month, they saw the numbers increase fourfold and stay there, as long as they continued with the chlorella supplementation.

Another Japanese study published in 2009, also found tremendous value in chlorella, concluding, “These findings suggest that prolonged consumption of chlorella has the potential to prevent the progression of cognitive impairment.”<sup>28</sup>

It pays to be very choosy when looking for chlorella. Organic is a must. So is a ‘broken cell’ powder. This is where the single-cell’s super-hard outer shell is crushed, making the intrinsic value and benefits of chlorella available to you.



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## Turmeric (Curcumin)



If we were to put this list of natural supplements for autoimmune and inflammation in order of effectiveness, turmeric would probably claim the number one spot. Ancient civilizations knew of its power as a medicine and their healing practices have included it as a central prescription for thousands of years.<sup>29</sup>

The medicinal properties of turmeric were so valued, that some believe that the gold the three wise men gifted to Jesus was actually turmeric—the “golden” spice!

Curcumin is a highly anti-inflammatory extract that comes from turmeric roots and powder. Some will use these terms interchangeably, but it is important to know the difference. If you are looking for the most direct medicinal value, you want to use a really good curcumin extract.

Naturally, it's the curcumin that science has focused on the most, in their attempts to prove what the ancients already knew—curcumin possesses powerful anti-inflammatory properties.<sup>30 31</sup>

Just one of the ways it does this is by preventing the brain from receiving signals from NF-kb, a molecule that is central to immune and cellular response.<sup>32 33</sup>

Curcumin has actually been found to have as much anti-inflammatory effect as several popular NSAIDs, including aspirin, ibuprofen, and naproxen. A 2004 study demonstrated curcumin was as powerful as these, and other pharmaceutical anti-inflammatories when taken in far smaller amounts. That is to say, it took less curcumin to get the same benefits.<sup>34</sup>

Another example, when compared to the pain and antiinflammatory drug diclofenac, a 2012 study showed that patients who were given curcumin showed the most improvement.<sup>35</sup> As the paper published in *Phytotherapy Research* noted this improvement came without any negative side effects.





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In comparison, diclofenac has a long list of side effects, including raised blood pressure, shortness of breath, weight gain, liver and kidney problems, and anemia... and is not safe for those with certain health conditions.<sup>36</sup>

Like most natural healing supplements, curcumin doesn't usually have any adverse side effects, so it is a wonderful addition to an autoimmune and inflammation healing regimen.<sup>37</sup> This powerful anti-inflammatory has also been shown to restore cortisol balance and return adrenal glands to their normal function. Studies on mice demonstrate that curcumin decreases the energy-restricting and oxidative effects of stress.

In fact, a 2015 study found that curcumin is able to both stop the death of brain cells and promote new brain-cell connections, which can become damaged due to chronic stress.<sup>38</sup> Even in healthy people, a regular dose of curcumin was found beneficial.<sup>39 40</sup>

Curcumin also has an extremely high antioxidant value, which of course helps your body free itself from free radicals that are known to create inflammation and be part of autoimmune responses.

Have you heard that blueberries are full of antioxidants? Well on the scale that measures antioxidant levels in substances (ORAC), blueberries score 9621. To compare, curcumin has a whopping high score of 127,068!<sup>41</sup>

That is twice the antioxidant score of cocoa, and triple that of broccoli.<sup>42</sup> Turmeric is also something to consider for depression. A 2013 study published in the peer-reviewed journal, *Phytotherapy Research*, examined the effects of curcumin on depression over the leading antidepressant. Daily doses of curcumin of 1000mg, and 20g of the pharmaceutical's active chemical, fluoxetine were administered to participants for six weeks.<sup>43</sup>

This study found that not only does their work demonstrate curcumin is effective in treating depression... but that it is far safer.<sup>44</sup>

A review of this study by the American Botanical Council wrote, "This study showed curcumin to have similar efficacy." [45] The current thinking is that this ability to act as an antidepressant comes from curcumin's effects on neurotransmitters, like serotonin.<sup>46</sup>

Of special note, researchers reported that high doses (up to 12g) are well-tolerated by the body, and can be taken for depression without one of the most worrying side effects of many antidepressants—suicidal thoughts and inclinations.<sup>47</sup>

One important thing to note about getting the most out of turmeric (curcumin)- it can be hard to absorb. That is one reason why when cooking, combining it with healthy oils and fats is beneficial. Another trick is to harness the power of black pepper, which helps absorption. With cooking that is easy, and in supplementation, form look for a formula that contains piperine (black pepper extract), or even better, BioPerine®—a super form of piperine extract.<sup>48</sup>



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## Ginger



Ginger and turmeric are cousins. No surprise then that this flavorful spice shares several characteristics. For one, ginger has also been a central part of ancient healing practices for thousands of years.

Also in common with turmeric, ginger is proven to reduce oxidative stress and has well-known anti-inflammatory abilities.<sup>49 50</sup> In fact, in folk medicine, ginger has been long-used to treat inflammation and conditions caused by inflammation, like autoimmune diseases. And, like Vitamin K and chlorella, scientists are finding ginger can help inflammatory conditions such as dementia and Alzheimer's.

Also, just like its cousin turmeric, researchers are demonstrating time and again that ginger can decrease chronic inflammation.<sup>51 52 53 54 55</sup> It does this by inhibiting several key factors in both the inflammatory and immune processes.<sup>56</sup> Ginger has also been observed to decrease the stress hormone, cortisol.<sup>57</sup>

Not surprisingly, the combination of turmeric (curcumin) and ginger has proven even more powerful than taking either alone.<sup>58</sup> As with curcumin, including black pepper or the black pepper extract (BioPerine®), will improve the effectiveness and absorption of this anti-inflammatory spice.



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## Fulvic Acid

Another gut peacemaker comes in the form of fulvic and humic acids, often referred to as just “fulvics”. These ancient compounds come from the earth and sometimes water. In nature, fulvics allow plants to absorb minerals and nutrients completely.<sup>59</sup> They pass this benefit on to humans, when ingested, energizing and restoring cells.<sup>60</sup>

In a way, fulvics are a form of probiotic and prebiotic in one, in that they promote a healthy gut balance.<sup>61 62</sup>

They do this in several ways: Fulvics are powerful antioxidants, that rid your body of oxidative stress from free radicals. Fulvics are not just antioxidants, they are free radical scavengers that protect your cells from the damage of free radicals.

They are a source of detoxifying enzymes called superoxide dismutases (SODs)<sup>63 64</sup> Oxidative stress from free radicals is indicative of several autoimmune diseases, and also Alzheimer’s, in particular.<sup>65</sup>

Good nutrition helps inflammation and helps your gut stay healthy. Fulvics help your body absorb the right nutrients and even assist cells in knowing which and what level of nutrients are needed.<sup>66</sup>

Fulvics dissolve silica, an essential nutrient that also binds toxins and helps remove them from the body. In general, fulvics are chelators, binding toxic metals and ushering them out of your body and harm’s way.

Fulvics help to prevent leaky gut by stopping gut permeability. This, in turn, helps to detoxify your body, decrease immune responses, and lower inflammation. Leaky gut has been associated as a foundation of autoimmune disease.

While there is still some debate, many experts do now include Alzheimer’s in the list of autoimmune diseases. Nearly all experts agree inflammation is a key component to this condition. In addition, fulvics have been seen to not only prevent the plaques and tangles associated with this devastating disease but to actually UN-tangle them.

It is clear that fulvics are beneficial for overall health, as well as being great allies in supporting both inflammation and autoimmune healing.







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## Ginseng



Ginseng, used for thousands of years in traditional Chinese medicine, has gained worldwide popularity not only for its delicious taste but also for its immune-boosting properties. For centuries, people have been relying on this natural herb for the treatment of many upper respiratory tract infections.

One study exploring the benefits of ginseng investigated 39 people recovering from surgery for stomach cancer.<sup>67</sup> These patients were treated with 5,400 mg of ginseng every day for two years. The scientists were amazed to find significant improvements in their immunity and a low incidence of symptoms in all patients.



Another research study closely examined the effect of ginseng extract on the immune system of people with stomach cancer.<sup>68</sup> After three months of using this extract, their immune systems were much stronger as compared to those who did not use the extract.





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## Conclusion



From depression, anxiety, and cognitive decline or dementia to serious autoimmune diseases like diabetes, lupus, and rheumatoid arthritis, natural medicines have proven to be highly effective at reducing and even reversing life-altering symptoms.

For some people, these diseases can be debilitating or extremely scary. The western medicine system does not focus on a holistic healing approach. So it never truly addresses the things in your body that are causing the disease.

By using natural medicines, you're not only addressing the root causes, but you're also boosting your body's natural detoxification and repair system. And, you're boosting your immune system at the same time.

This is the combination you need to see exceptional healing. And it's not as complicated as it may seem. Hopefully, you feel confident in using the powerful natural medicines that we discussed here. You'll be on your way to optimizing your health in no time!



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## ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

In addition to serving as a producer for ***The Truth About Cancer*** and ***The Truth About Vaccines***, Jonathan has created several highly-acclaimed, groundbreaking docuseries — ***Depression, Anxiety & Dementia Secrets***, ***Autoimmune Secrets***, ***Natural Medicine Secrets***, and ***Autoimmune Answers*** — covering innovative, effective natural remedies for autoimmune disease, neurodegenerative disease, mental health, cancer, and heart disease.

These docuseries — watched by millions around the world — represent Jonathan's unceasing quest to discover the root causes of debilitating diseases by interviewing over 120 world-renowned natural medicine doctors, scientists, natural health experts, and patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

When the global elite took away the human and medical rights of people around the world — and coerced billions into taking the toxic, experimental COVID “vaccines” — Jonathan was determined to get the truth out, despite being repeatedly censored and deplatformed.

He interviewed the world's top medical doctors, health experts, and legal experts on vaccine injuries who risked their own careers to expose the lies behind the deadly COVID “vaccines” — which have caused deaths and injuries to millions of people — to create his newest docuseries, ***Vaccine Secrets***, ***COVID Secrets***, and ***Unbreakable: Destined to Thrive***.

Jonathan's greatest reward has been hearing the testimonials from people whose lives have literally been saved with the protocols he developed.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, **Young Citizen of the Year** and **International Volunteer of the Year**, by the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019 and their second son, Arthur, in May 2021.